



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Reuß, Sylvia

Club: Ballenstedt
Number: 242

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:44:00

Speed: 9.51 km/h
Running performance: 6:16 min/km

Rank in course/Total: 268 (of 492)

Rank in course/Women: 17 (of 77)

Best time in course: 2:05:45

Rank in category: 4(of 26)

Best time in the category: 2:31:46

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	19:50	6:00	5	1:30	21	4:57	3.30	19:50	6:00	19		41	
Schlüsie	3.10	21:36	6:58	5	1:57	20	4:39	6.40	41:26	6:28	23		41	
Hermannsklippe	2.60	20:10	7:45	7	2:27	26	5:01	9.00	1:01:36	6:50	23		41	
Brocken	3.10	32:44	10:33	6	3:40	25	8:30	12.10	1:34:20	7:47	23		41	
Eiserner Handwe	3.60	19:36	5:26	5	2:11	22	4:51	15.70	1:53:56	7:15	23		41	
Schlüsie	4.10	18:38	4:32	6	1:54	20	4:19	19.80	2:12:34	6:41	23		41	
Loddenke	3.10	14:46	4:45	5	0:58	18	2:33	22.90	2:27:20	6:26	23		41	
Ilseburg/Markt	3.30	16:40	5:03	7	1:47	20	3:25	26.20	2:44:00	6:15	5	12:14	19	38:15