



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Frieseke-Sukop, Annett

Club: NSV Wernigerode
Number: 327

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:46:36

Speed: 9.36 km/h
Running performance: 6:22 min/km

Rank in course/Total: 289 (of 492)

Rank in course/Women: 22 (of 77)

Best time in course: 2:05:45

Rank in category: 2(of 7)

Best time in the category: 2:18:09

Intermediate times				Stage score				Total ranking						
Control	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	19:05	5:46	2	2:41	15	4:12	3.30	19:05	5:46	2	2:41	74	
Schlüsie	3.10	22:13	7:09	6	3:55	30	5:16	6.40	41:18	6:27	2	6:36	74	
Hermannsklippe	2.60	21:29	8:15	6	4:59	41	6:20	9.00	1:02:47	6:58	2	11:35	74	
Brocken	3.10	35:06	11:19	6	8:38	43	10:52	12.10	1:37:53	8:05	2	20:13	74	
Eiserner Handwe	3.60	19:37	5:26	3	3:22	23	4:52	15.70	1:57:30	7:29	2	23:35	74	
Schlüsie	4.10	17:51	4:21	3	3:27	14	3:32	19.80	2:15:21	6:50	2	25:17	74	
Loddenke	3.10	14:30	4:40	2	1:31	13	2:17	22.90	2:29:51	6:32	2	26:48	74	
Ilseburg/Markt	3.30	16:45	5:04	3	1:39	22	3:30	26.20	2:46:36	6:21	2	28:27	24	40:51