



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Kopp, Sonja

Club: Katlenburg-Lindau
Number: 74

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:49:51

Speed: 9.18 km/h
Running performance: 6:29 min/km

Rank in course/Total: 323 (of 492)

Rank in course/Women: 26 (of 77)

Best time in course: 2:05:45

Rank in category: 4(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	20:06	6:05	3	3:42	25	5:13	3.30	20:06	6:05	4	3:42	70	
Schlüsie	3.10	21:41	6:59	3	3:23	22	4:44	6.40	41:47	6:31	4	7:05	70	
Hermannsklippe	2.60	21:20	8:12	5	4:50	40	6:11	9.00	1:03:07	7:00	4	11:55	70	
Brocken	3.10	33:02	10:39	3	6:34	27	8:48	12.10	1:36:09	7:56	4	18:29	70	
Eiserner Handwe	3.60	20:29	5:41	4	4:14	34	5:44	15.70	1:56:38	7:25	4	22:43	70	
Schlüsie	4.10	19:46	4:49	5	5:22	38	5:27	19.80	2:16:24	6:53	4	26:20	70	
Loddenke	3.10	15:46	5:05	5	2:47	30	3:33	22.90	2:32:10	6:38	4	29:07	70	
Ilseburg/Markt	3.30	17:41	5:21	6	2:35	36	4:26	26.20	2:49:51	6:28	4	31:42	28	44:06