



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Post, Cornelia

Club: Rodenberg
Number: 291

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:51:28

Speed: 9.10 km/h
Running performance: 6:32 min/km

Rank in course/Total: 340 (of 492)

Rank in course/Women: 31 (of 77)

Best time in course: 2:05:45

Rank in category: 5(of 10)

Best time in the category: 2:24:48

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	21:57	6:39	6	5:29	44	7:04	3.30	21:57	6:39	5	5:29	65	0:56
Schlüsie	3.10	21:57	7:04	3	2:54	26	5:00	6.40	43:54	6:51	5	8:23	65	
Hermannsklippe	2.60	19:59	7:41	3	2:58	21	4:50	9.00	1:03:53	7:05	5	11:21	65	
Brocken	3.10	32:21	10:26	5	4:27	22	8:07	12.10	1:36:14	7:57	5	15:48	65	
Eiserner Handwe	3.60	21:39	6:00	7	6:01	52	6:54	15.70	1:57:53	7:30	5	19:33	65	
Schlüsie	4.10	20:22	4:58	5	4:49	44	6:03	19.80	2:18:15	6:58	5	22:18	65	
Loddenke	3.10	15:49	5:06	4	1:53	31	3:36	22.90	2:34:04	6:43	5	24:11	65	
Ilseburg/Markt	3.30	17:24	5:16	6	2:29	30	4:09	26.20	2:51:28	6:32	5	26:40	33	45:43