



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Jabado, Angela

Club: Berlin  
Number: 111

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:52:32

Speed: 9.04 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 347 (of 492)

Rank in course/Women: 34 (of 77)

Best time in course: 2:05:45

Rank in category: 8(of 26)

Best time in the category: 2:31:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Loddenke	3.30	19:50	6:00	5	21	1:30	4:57	3.30	19:50	6:00	19	41		
Schlüsie	3.10	22:39	7:18	9	36	3:00	5:42	6.40	42:29	6:38	19	62		
Hermannsklippe	2.60	20:32	7:53	9	31	2:49	5:23	9.00	1:03:01	7:00	19	62		
Brocken	3.10	33:26	10:47	7	28	4:22	9:12	12.10	1:36:27	7:58	19	62		
Eiserner Handwe	3.60	21:23	5:56	18	48	3:58	6:38	15.70	1:57:50	7:30	19	62		
Schlüsie	4.10	20:28	4:59	16	45	3:44	6:09	19.80	2:18:18	6:59	19	62		
Loddenke	3.10	16:30	5:19	13	42	2:42	4:17	22.90	2:34:48	6:45	19	62		
Ilseburg/Markt	3.30	17:44	5:22	11	37	2:51	4:29	26.20	2:52:32	6:35	9	20:46	36	46:47