



44. Brockenlauf

Ilseburg / 06.09.2014

Detailed evaluation

Lassan, Sandrin

Total time: 2:55:31

Club: ESV 49 Angermünde Laufgruppe -Die Lokvögel
Number: 216

Speed: 8.89 km/h
Running performance: 6:42 min/km

Course: 26.20 km
26,2 km - Lauf

Rank in course/Total: 366 (of 492)
Rank in course/Women: 37 (of 77)
Best time in course: 2:05:45

Category:
Seniorinnen W45 (45-49 Jahre)

Rank in category: 9(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 Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	21:46	6:35	13	3:26	41	6:53	3.30	21:46	6:35	18	0:10	31	0:45
Schlüsie	3.10	22:46	7:20	10	3:07	37	5:49	6.40	44:32	6:57	18		31	
Hermannsklippe	2.60	20:22	7:49	8	2:39	30	5:13	9.00	1:04:54	7:12	18		31	
Brocken	3.10	34:11	11:01	11	5:07	38	9:57	12.10	1:39:05	8:11	18		31	
Eiserner Handwe	3.60	20:29	5:41	11	3:04	34	5:44	15.70	1:59:34	7:36	18		31	
Schlüsie	4.10	20:12	4:55	15	3:28	43	5:53	19.80	2:19:46	7:03	18		31	
Loddenke	3.10	16:49	5:25	16	3:01	49	4:36	22.90	2:36:35	6:50	18		31	
Ilseburg/Markt	3.30	18:56	5:44	17	4:03	48	5:41	26.20	2:55:31	6:41	10	23:45	39	49:46