



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Fritsche, Simone

Club: Wernigerode
Number: 303

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:59:10

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 384 (of 492)

Rank in course/Women: 40 (of 77)

Best time in course: 2:05:45

Rank in category: 8(of 12)

Best time in the category: 2:32:40

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	21:21	6:28	9	2:48	38	6:28	3.30	21:21	6:28	9	2:43	18	0:20
Schlüsie	3.10	25:06	8:05	11	5:15	56	8:09	6.40	46:27	7:15	9	7:58	18	
Hermannsklippe	2.60	22:25	8:37	9	4:20	47	7:16	9.00	1:08:52	7:39	9	12:18	18	
Brocken	3.10	35:49	11:33	9	8:10	49	11:35	12.10	1:44:41	8:39	9	20:28	18	
Eiserner Handwe	3.60	20:30	5:41	9	2:17	37	5:45	15.70	2:05:11	7:58	9	21:29	18	
Schlüsie	4.10	19:43	4:48	9	2:17	36	5:24	19.80	2:24:54	7:19	9	22:13	18	
Loddenke	3.10	16:09	5:12	10	1:57	40	3:56	22.90	2:41:03	7:01	9	23:51	18	
Ilseburg/Markt	3.30	18:07	5:29	9	2:57	42	4:52	26.20	2:59:10	6:50	9	26:30	42	53:25