



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Köhn, Sylvia

Club: Gaensefurther Sportbewegung  
Number: 286

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 3:00:42

Speed: 8.63 km/h  
Running performance: 6:54 min/km

Rank in course/Total: 392 (of 492)

Rank in course/Women: 43 (of 77)

Best time in course: 2:05:45

Rank in category: 5(of 7)

Best time in the category: 2:15:56

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	22:02	6:40	4	5:28	46	7:09	3.30	22:02	6:40	5	5:28	15	1:01
Schlüsie	3.10	23:45	7:39	7	5:37	46	6:48	6.40	45:47	7:09	5	11:05	13	
Hermannsklippe	2.60	22:22	8:36	6	5:52	45	7:13	9.00	1:08:09	7:34	5	16:57	15	
Brocken	3.10	35:24	11:25	7	10:09	46	11:10	12.10	1:43:33	8:33	5	27:06	15	
Eiserner Handwe	3.60	21:29	5:58	4	5:19	50	6:44	15.70	2:05:02	7:57	5	32:25	15	
Schlüsie	4.10	21:02	5:07	4	4:36	51	6:43	19.80	2:26:04	7:22	5	37:01	15	
Loddenke	3.10	16:41	5:22	4	3:38	45	4:28	22.90	2:42:45	7:06	5	40:39	15	
Ilseburg/Markt	3.30	17:57	5:26	4	4:07	38	4:42	26.20	3:00:42	6:53	5	44:46	45	54:57