



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Freisdted, Ines

Number: 1060

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:01:10

Speed: 8.61 km/h
Running performance: 6:55 min/km

Rank in course/Total: 394 (of 492)

Rank in course/Women: 44 (of 77)

Best time in course: 2:05:45

Rank in category: 13(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	21:36	6:32	12	3:16	39	6:43	3.30	21:36	6:32	1	-	14	0:35
Schlüsie	3.10	24:35	7:55	15	4:56	51	7:38	6.40	46:11	7:12	1	-	14	
Hermannsklippe	2.60	22:24	8:36	12	4:41	46	7:15	9.00	1:08:35	7:37	1	-	14	
Brocken	3.10	37:18	12:01	14	8:14	53	13:04	12.10	1:45:53	8:45	1	-	14	
Eiserner Handwe	3.60	20:58	5:49	16	3:33	45	6:13	15.70	2:06:51	8:04	1	-	14	
Schlüsie	4.10	20:51	5:05	19	4:07	48	6:32	19.80	2:27:42	7:27	1	-	14	0:35
Loddenke	3.10	16:00	5:09	10	2:12	36	3:47	22.90	2:43:42	7:08	1	-	14	
Ilseburg/Markt	3.30	17:28	5:17	9	2:35	31	4:13	26.20	3:01:10	6:54	14	29:24	46	55:25