



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Schwerdtfeger, Kirsten

Club: Dasseler SC
Number: 374

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:14:25

Speed: 8.02 km/h
Running performance: 7:25 min/km

Rank in course/Total: 445 (of 492)

Rank in course/Women: 60 (of 77)

Best time in course: 2:05:45

Rank in category: 21(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	22:31	6:49	21	4:11	58	7:38	3.30	22:31	6:49	6	0:55	37	1:30
Schlüsie	3.10	24:53	8:01	17	5:14	53	7:56	6.40	47:24	7:24	6	1:13	37	0:47
Hermannsklippe	2.60	23:29	9:01	17	5:46	56	8:20	9.00	1:10:53	7:52	6	2:18	37	0:43
Brocken	3.10	37:57	12:14	18	8:53	59	13:43	12.10	1:48:50	8:59	6	2:57	37	1:31
Eiserner Handwe	3.60	22:29	6:14	22	5:04	58	7:44	15.70	2:11:19	8:21	6	4:28	37	3:31
Schlüsie	4.10	23:47	5:48	23	7:03	67	9:28	19.80	2:35:06	7:50	6	7:24	37	7:59
Loddenke	3.10	19:16	6:12	22	5:28	64	7:03	22.90	2:54:22	7:36	6	10:40	37	10:20
Ilseburg/Markt	3.30	20:03	6:04	22	5:10	59	6:48	26.20	3:14:25	7:25	22	42:39	62	1:08:40