



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Lambeck, Katrin

Club: Ilmenau
Number: 437

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:29:29

Speed: 7.45 km/h
Running performance: 8:00 min/km

Rank in course/Total: 470 (of 492)

Rank in course/Women: 68 (of 77)

Best time in course: 2:05:45

Rank in category: 11(of 12)

Best time in the category: 2:32:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	21:59	6:39	10	3:26	45	7:06	3.30	21:59	6:39	12	3:21	29	0:58
Schlüsie	3.10	27:27	8:51	12	7:36	69	10:30	6.40	49:26	7:43	12	10:57	29	2:49
Hermannsklippe	2.60	26:21	10:08	12	8:16	73	11:12	9.00	1:15:47	8:25	12	19:13	29	5:37
Brocken	3.10	43:06	13:54	12	15:27	75	18:52	12.10	1:58:53	9:49	12	34:40	29	11:34
Eiserner Handwe	3.60	22:36	6:16	12	4:23	59	7:51	15.70	2:21:29	9:00	12	37:47	29	13:41
Schlüsie	4.10	26:12	6:23	12	8:46	73	11:53	19.80	2:47:41	8:28	12	45:00	29	20:34
Loddenke	3.10	19:58	6:26	12	5:46	67	7:45	22.90	3:07:39	8:11	12	50:27	29	23:37
Ilseburg/Markt	3.30	21:50	6:36	12	6:40	68	8:35	26.20	3:29:29	7:59	12	56:49	70	1:23:44