



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Henselmann, Silvia

Club: TSVE 1890 Bielefeld  
Number: 369

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:46:17

Speed: 9.38 km/h

Rank in course/Total: 344 (of 532)

Rank in course/Women: 30 (of 80)

Best time in course: 2:06:25

Rank in category: 8(of 18)

Best time in the category: 2:15:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Loddenke	3.30	20:22	8.84	7	26	4:04	5:15	3.30	20:22	8.84	7	26	4:04	5:15
Schlüsie	3.10	22:45	7.91	13	41	4:26	5:38	6.40	43:07	8.35	7	31	8:30	10:53
Hermannsklippe	2.60	20:33	5.84	12	45	4:07	5:06	9.00	1:03:40	8.48	11	34	12:37	15:59
Brocken	3.10	34:20	5.24	13	56	7:23	9:32	12.10	1:38:00	7.35	12	40	20:00	25:31
Eiserner Handwe	3.60	18:43	9.62	6	21	3:36	3:48	15.70	1:56:43	7.71	12	34	23:36	29:19
Schlüsie	4.10	18:26	13.02	5	22	3:09	4:29	19.80	2:15:09	8.44	9	31	26:45	33:48
Loddenke	3.10	14:53	12.09	7	21	2:16	3:28	22.90	2:30:02	8.80	8	30	29:01	37:02
Ilseburg/Markt	3.30	16:15	11.08	5	22	1:39	3:05	26.20	2:46:17	9.38	8	30	30:40	39:52