



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: 9.45 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 Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	20:22	9.72	7	4:04	26	5:15	3.30	20:22	9.72	7	4:04	26	5:15
Schlüsie	3.10	22:45	8.18	13	4:26	41	5:38	6.40	43:07	8.91	7	8:30	31	10:53
Hermannsklippe	2.60	20:33	7.59	12	4:07	45	5:06	9.00	1:03:40	8.48	11	12:37	34	15:59
Brocken	3.10	34:20	5.42	13	7:23	56	9:32	12.10	1:38:00	7.41	12	20:00	40	25:31
Eiserner Handwe	3.60	18:43	11.54	6	3:36	21	3:48	15.70	1:56:43	8.07	12	23:36	34	29:19
Schlüsie	4.10	18:26	13.35	5	3:09	22	4:29	19.80	2:15:09	8.79	9	26:45	31	33:48
Loddenke	3.10	14:53	12.50	7	2:16	21	3:28	22.90	2:30:02	9.16	8	29:01	30	37:02
Ilseburg/Markt	3.30	16:15	12.18	5	1:39	22	3:05	26.20	2:46:17	9.45	8	30:40	30	39:52