



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

John-Müller, Antje

Club: Kirchlinteln
Number: 494

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:49:35

Speed: 9.20 km/h

Rank in course/Total: 376 (of 532)

Rank in course/Women: 35 (of 80)

Best time in course: 2:06:25

Rank in category: 12(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	21:27	8.39	12	5:09	48	6:20	3.30	21:27	8.39	12	5:09	48	6:20
Schlüsie	3.10	22:13	8.10	9	3:54	30	5:06	6.40	43:40	8.24	11	9:03	37	11:26
Hermannsklippe	2.60	20:28	5.86	11	4:02	42	5:01	9.00	1:04:08	8.42	12	13:05	38	16:27
Brocken	3.10	31:43	5.68	8	4:46	31	6:55	12.10	1:35:51	7.51	10	17:51	33	23:22
Eiserner Handwe	3.60	19:49	9.08	11	4:42	35	4:54	15.70	1:55:40	7.78	11	22:33	33	28:16
Schlüsie	4.10	20:03	11.97	12	4:46	40	6:06	19.80	2:15:43	8.40	12	27:19	34	34:22
Loddenke	3.10	16:02	11.23	13	3:25	43	4:37	22.90	2:31:45	8.70	12	30:44	34	38:45
Ilseburg/Markt	3.30	17:50	10.09	13	3:14	47	4:40	26.20	2:49:35	9.20	12	33:58	35	43:10