



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Post, Cornelia

Club: Rodenberg
Number: 504

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:59:51

Speed: 8.67 km/h

Rank in course/Total: 444 (of 532)

Rank in course/Women: 52 (of 80)

Best time in course: 2:06:25

Rank in category: 12(of 21)

Best time in the category: 2:34:39

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	22:13	8.10	11	2:38	55	7:06	3.30	22:13	8.10	11	2:38	55	7:06
Schlüsie	3.10	22:06	8.14	5	1:14	27	4:59	6.40	44:19	8.12	9	3:52	42	12:05
Hermannsklippe	2.60	20:30	5.85	8	2:16	44	5:03	9.00	1:04:49	8.33	9	5:41	41	17:08
Brocken	3.10	33:28	5.38	8	4:04	42	8:40	12.10	1:38:17	7.33	8	9:21	42	25:48
Eiserner Handwe	3.60	22:45	7.91	17	4:36	62	7:50	15.70	2:01:02	7.44	10	13:48	49	33:38
Schlüsie	4.10	22:13	10.80	18	4:16	64	8:16	19.80	2:23:15	7.96	11	18:04	51	41:54
Loddenke	3.10	17:44	10.15	17	3:28	62	6:19	22.90	2:40:59	8.20	12	21:32	52	47:59
Ilseburg/Markt	3.30	18:52	9.54	14	3:40	59	5:42	26.20	2:59:51	8.67	12	25:12	52	53:26