



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Adolf, Silke

Club: Blau Weiß Hettstedt
Number: 4

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:34:34

Speed: 7.27 km/h

Rank in course/Total: 519 (of 532)

Rank in course/Women: 76 (of 80)

Best time in course: 2:06:25

Rank in category: 17(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	23:54	7.53	16	7:36	71	8:47	3.30	23:54	7.53	16	7:36	71	8:47
Schlüsie	3.10	27:23	6.57	16	9:04	74	10:16	6.40	51:17	7.02	16	16:40	73	19:03
Hermannsklippe	2.60	25:15	4.75	17	8:49	75	9:48	9.00	1:16:32	7.06	17	25:29	75	28:51
Brocken	3.10	42:36	4.23	17	15:39	75	17:48	12.10	1:59:08	6.04	17	41:08	76	46:39
Eiserner Handwe	3.60	25:55	6.95	17	10:48	76	11:00	15.70	2:25:03	6.20	17	51:56	76	57:39
Schlüsie	4.10	26:22	9.10	18	11:05	77	12:25	19.80	2:51:25	6.65	17	1:03:01	76	1:10:04
Loddenke	3.10	19:59	9.01	18	7:22	75	8:34	22.90	3:11:24	6.90	17	1:10:23	76	1:18:24
Ilseburg/Markt	3.30	23:10	7.77	18	8:34	76	10:00	26.20	3:34:34	7.27	17	1:18:57	76	1:28:09