



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Reimers, Sonka

Club: Lauflin Team Göttingen
Number: 401

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 2:09:50

Speed: 12.02 km/h
Running performance: 4:58 min/km

Rank in course/Total: 28 (of 529)

Rank in course/Women: 1 (of 82)

Best time in course: 2:09:50

Rank in category: 1(of 8)

Best time in the category: 2:09:50

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	15:47	4:46	2	0:29	2	0:29	3.30	15:47	4:46	2	0:29	2	0:29
Schlüsie	3.10	18:07	5:50	1	-	1	-	6.40	33:54	5:17	2	0:22	2	0:22
Hermannsklippe	2.60	16:29	6:20	2	0:46	4	0:46	9.00	50:23	5:35	2	1:08	2	1:08
Brocken	3.10	26:45	8:37	2	1:18	3	1:18	12.10	1:17:08	6:22	2	2:26	2	2:26
Eiserner Handwe	3.60	14:02	3:53	1	-	1	-	15.70	1:31:10	5:48	2	0:54	2	0:54
Schlüsie	4.10	13:17	3:14	1	-	1	-	19.80	1:44:27	5:16	1	-	1	-
Loddenke	3.10	11:44	3:47	1	-	1	-	22.90	1:56:11	5:04	1	-	1	-
Ilseburg/Markt	3.30	13:39	4:08	1	-	1	-	26.20	2:09:50	4:57	1	-	1	-