



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Beume, Christiane

Club: DAK LG Hamburg  
Number: 472

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:27:30

Speed: 10.58 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 129 (of 529)

Rank in course/Women: 6 (of 82)

Best time in course: 2:09:50

Rank in category: 1(of 16)

Best time in the category: 2:27:30

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	18:24	5:34	2	0:31	7	3:06	3.30	18:24	5:34	2	0:31	7	3:06
Schlüsie	3.10	20:55	6:44	1	-	6	2:48	6.40	39:19	6:08	2	0:26	7	5:47
Hermannsklippe	2.60	17:17	6:38	1	-	6	1:34	9.00	56:36	6:17	1	-	6	7:21
Brocken	3.10	27:16	8:47	1	-	6	1:49	12.10	1:23:52	6:55	1	-	6	9:10
Eiserner Handwe	3.60	17:13	4:46	2	0:35	8	3:11	15.70	1:41:05	6:26	1	-	6	10:49
Schlüsie	4.10	17:01	4:09	2	1:15	9	3:44	19.80	1:58:06	5:57	1	-	6	13:39
Loddenke	3.10	13:39	4:24	2	0:07	8	1:55	22.90	2:11:45	5:45	2	0:01	7	15:34
Ilseburg/Markt	3.30	15:45	4:46	2	0:24	11	2:06	26.20	2:27:30	5:37	1	-	6	17:40