



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Röhrig, Carolin

Club: TG Wehlheiden Kassel
Number: 555

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:29:57

Speed: 10.40 km/h
Running performance: 5:43 min/km

Rank in course/Total: 152 (of 529)

Rank in course/Women: 8 (of 82)

Best time in course: 2:09:50

Rank in category: 2 (of 5)

Best time in the category: 2:16:17

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	18:56	5:44	2	2:19	14	3:38	3.30	18:56	5:44	2	2:19	14	3:38
Schlüsie	3.10	20:58	6:45	2	1:33	8	2:51	6.40	39:54	6:14	2	3:52	10	6:22
Hermannsklippe	2.60	17:34	6:45	2	1:05	8	1:51	9.00	57:28	6:23	2	4:57	8	8:13
Brocken	3.10	27:12	8:46	1	-	5	1:45	12.10	1:24:40	6:59	2	4:31	7	9:58
Eiserner Handwe	3.60	17:41	4:54	2	2:04	12	3:39	15.70	1:42:21	6:31	2	6:35	7	12:05
Schlüsie	4.10	17:33	4:16	2	3:10	13	4:16	19.80	1:59:54	6:03	2	9:45	8	15:27
Loddenke	3.10	14:25	4:39	2	2:15	16	2:41	22.90	2:14:19	5:51	2	12:00	8	18:08
Ilseburg/Markt	3.30	15:38	4:44	2	1:40	9	1:59	26.20	2:29:57	5:43	2	13:40	8	20:07