



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kraska, Doreen

Club: Mrs.Sporty Magdeburg
Number: 475

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:34:49

Speed: 10.08 km/h
Running performance: 5:55 min/km

Rank in course/Total: 197 (of 529)

Rank in course/Women: 11 (of 82)

Best time in course: 2:09:50

Rank in category: 3(of 8)

Best time in the category: 2:17:59

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	19:54	6:01	4	3:01	26	4:36	3.30	19:54	6:01	4	3:01	26	4:36
Schlüsie	3.10	21:58	7:05	4	3:07	16	3:51	6.40	41:52	6:32	4	6:08	22	8:20
Hermannsklippe	2.60	17:53	6:52	2	1:55	10	2:10	9.00	59:45	6:38	4	8:03	17	10:30
Brocken	3.10	31:36	10:11	5	4:29	22	6:09	12.10	1:31:21	7:32	4	12:32	20	16:39
Eiserner Handwe	3.60	17:41	4:54	3	2:33	12	3:39	15.70	1:49:02	6:56	3	15:05	19	18:46
Schlüsie	4.10	16:40	4:03	2	1:37	8	3:23	19.80	2:05:42	6:20	3	16:42	14	21:15
Loddenke	3.10	13:38	4:23	2	0:19	7	1:54	22.90	2:19:20	6:05	3	17:01	12	23:09
Ilseburg/Markt	3.30	15:29	4:41	1	-	7	1:50	26.20	2:34:49	5:54	3	16:50	11	24:59