



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

von Iven, Katrin

Club: LSG Ascania Aschersleben
Number: 440

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:40:01

Speed: 9.75 km/h
Running performance: 6:07 min/km

Rank in course/Total: 244 (of 529)

Rank in course/Women: 21 (of 82)

Best time in course: 2:09:50

Rank in category: 4(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	19:56	6:02	7	2:03	27	4:38	3.30	19:56	6:02	7	2:03	27	4:38
Schlüsie	3.10	23:12	7:29	6	2:17	27	5:05	6.40	43:08	6:44	6	4:15	26	9:36
Hermannsklippe	2.60	19:33	7:31	6	2:16	27	3:50	9.00	1:02:41	6:57	6	6:05	26	13:26
Brocken	3.10	31:09	10:02	5	3:53	18	5:42	12.10	1:33:50	7:45	6	9:58	23	19:08
Eiserner Handwe	3.60	18:10	5:02	3	1:32	17	4:08	15.70	1:52:00	7:08	5	10:55	22	21:44
Schlüsie	4.10	18:15	4:27	5	2:29	22	4:58	19.80	2:10:15	6:34	5	12:09	23	25:48
Loddenke	3.10	14:25	4:39	4	0:53	16	2:41	22.90	2:24:40	6:19	5	12:56	23	28:29
Ilseburg/Markt	3.30	15:21	4:39	1	-	6	1:42	26.20	2:40:01	6:06	4	12:31	21	30:11