



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Hoefl, Laura

Club: Clausthal-Zellerfeld  
Number: 157

Course: 26.20 km  
26,2 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 2:44:51

Speed: 9.46 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 285 (of 529)

Rank in course/Women: 26 (of 82)

Best time in course: 2:09:50

Rank in category: 5(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	18:30	5:36	3	3:12	8	3:12	3.30	18:30	5:36	3	3:12	8	3:12
Schlüsie	3.10	23:06	7:27	5	4:59	26	4:59	6.40	41:36	6:30	4	8:04	18	8:04
Hermannsklippe	2.60	20:08	7:44	5	4:25	33	4:25	9.00	1:01:44	6:51	5	12:29	24	12:29
Brocken	3.10	35:09	11:20	6	9:42	45	9:42	12.10	1:36:53	8:00	5	22:11	29	22:11
Eiserner Handwe	3.60	19:52	5:31	5	5:50	36	5:50	15.70	1:56:45	7:26	5	26:29	28	26:29
Schlüsie	4.10	18:25	4:29	5	5:08	25	5:08	19.80	2:15:10	6:49	5	30:43	29	30:43
Loddenke	3.10	13:46	4:26	3	2:02	9	2:02	22.90	2:28:56	6:30	5	32:45	27	32:45
Ilseburg/Markt	3.30	15:55	4:49	3	2:16	16	2:16	26.20	2:44:51	6:17	5	35:01	26	35:01