



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ifftmer, Christine

Club: Gütersloh
Number: 544

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:47:20

Speed: 9.32 km/h
Running performance: 6:23 min/km

Rank in course/Total: 305 (of 529)

Rank in course/Women: 29 (of 82)

Best time in course: 2:09:50

Rank in category: 8(of 17)

Best time in the category: 2:15:22

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	20:07	6:05	8	2:56	29	4:49	3.30	20:07	6:05	8	2:56	29	4:49
Schlüsie	3.10	23:28	7:34	8	4:12	28	5:21	6.40	43:35	6:48	9	7:08	30	10:03
Hermannsklippe	2.60	20:16	7:47	8	3:52	34	4:33	9.00	1:03:51	7:05	8	11:00	28	14:36
Brocken	3.10	33:01	10:39	7	7:11	34	7:34	12.10	1:36:52	8:00	8	18:11	28	22:10
Eiserner Handwe	3.60	20:22	5:39	11	5:16	40	6:20	15.70	1:57:14	7:28	8	23:27	31	26:58
Schlüsie	4.10	19:11	4:40	10	4:24	35	5:54	19.80	2:16:25	6:53	8	27:51	31	31:58
Loddenke	3.10	14:42	4:44	3	2:14	19	2:58	22.90	2:31:07	6:35	8	30:05	30	34:56
Ilseburg/Markt	3.30	16:13	4:54	3	1:53	17	2:34	26.20	2:47:20	6:23	8	31:58	29	37:30