



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Lassan, Sandrin

Club: ESV 49 Angermünde -Die Lokvögel-  
Number: 264

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:50:50

Speed: 9.13 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 327 (of 529)

Rank in course/Women: 33 (of 82)

Best time in course: 2:09:50

Rank in category: 7(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	20:32	6:13	11	2:39	41	5:14	3.30	20:32	6:13	11	2:39	41	5:14
Schlüsie	3.10	24:10	7:47	8	3:15	34	6:03	6.40	44:42	6:59	9	5:49	36	11:10
Hermannsklippe	2.60	19:49	7:37	8	2:32	30	4:06	9.00	1:04:31	7:10	7	7:55	30	15:16
Brocken	3.10	32:51	10:35	7	5:35	31	7:24	12.10	1:37:22	8:02	7	13:30	31	22:40
Eiserner Handwe	3.60	19:34	5:26	9	2:56	31	5:32	15.70	1:56:56	7:26	7	15:51	29	26:40
Schlüsie	4.10	18:52	4:36	7	3:06	33	5:35	19.80	2:15:48	6:51	7	17:42	30	31:21
Loddenke	3.10	16:08	5:12	8	2:36	44	4:24	22.90	2:31:56	6:38	7	20:12	31	35:45
Ilseburg/Markt	3.30	18:54	5:43	12	3:33	56	5:15	26.20	2:50:50	6:31	7	23:20	33	41:00