



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Helbach, Kim

Club: Köln
Number: 75

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 2:50:53

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

Rank in course/Total: 330 (of 529)

Rank in course/Women: 34 (of 82)

Best time in course: 2:09:50

Rank in category: 6(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	20:49	6:18	6	5:31	44	5:31	3.30	20:49	6:18	6	5:31	44	5:31
Schlüsie	3.10	24:21	7:51	6	6:14	40	6:14	6.40	45:10	7:03	6	11:38	41	11:38
Hermannsklippe	2.60	20:29	7:52	6	4:46	36	4:46	9.00	1:05:39	7:17	6	16:24	40	16:24
Brocken	3.10	32:29	10:28	5	7:02	27	7:02	12.10	1:38:08	8:06	6	23:26	35	23:26
Eiserner Handwe	3.60	20:23	5:39	6	6:21	41	6:21	15.70	1:58:31	7:32	6	28:15	34	28:15
Schlüsie	4.10	19:41	4:48	6	6:24	40	6:24	19.80	2:18:12	6:58	6	33:45	35	33:45
Loddenke	3.10	15:33	5:00	6	3:49	34	3:49	22.90	2:33:45	6:42	6	37:34	34	37:34
Ilseburg/Markt	3.30	17:08	5:11	5	3:29	30	3:29	26.20	2:50:53	6:31	6	41:03	34	41:03