



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sander, Tamara

Club: Dasseler SC
Number: 337

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:54:13

Speed: 8.95 km/h
Running performance: 6:39 min/km

Rank in course/Total: 355 (of 529)

Rank in course/Women: 41 (of 82)

Best time in course: 2:09:50

Rank in category: 9(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 | 21:30 | 6:30 | 12 | 4:19 | 50 | 6:12 | 3.30 | 21:30 | 6:30 | 12 | 4:19 | 50 | 6:12 |
| Schlüsie | 3.10 | 24:14 | 7:49 | 10 | 4:58 | 37 | 6:07 | 6.40 | 45:44 | 7:08 | 12 | 9:17 | 45 | 12:12 |
| Hermannsklippe | 2.60 | 21:15 | 8:10 | 10 | 4:51 | 44 | 5:32 | 9.00 | 1:06:59 | 7:26 | 12 | 14:08 | 48 | 17:44 |
| Brocken | 3.10 | 34:49 | 11:13 | 9 | 8:59 | 42 | 9:22 | 12.10 | 1:41:48 | 8:24 | 10 | 23:07 | 46 | 27:06 |
| Eiserner Handwe | 3.60 | 19:40 | 5:27 | 9 | 4:34 | 34 | 5:38 | 15.70 | 2:01:28 | 7:44 | 10 | 27:41 | 45 | 31:12 |
| Schlüsie | 4.10 | 18:40 | 4:33 | 8 | 3:53 | 31 | 5:23 | 19.80 | 2:20:08 | 7:04 | 9 | 31:34 | 40 | 35:41 |
| Loddenke | 3.10 | 15:53 | 5:07 | 10 | 3:25 | 38 | 4:09 | 22.90 | 2:36:01 | 6:48 | 9 | 34:59 | 41 | 39:50 |
| Ilseburg/Markt | 3.30 | 18:12 | 5:30 | 11 | 3:52 | 46 | 4:33 | 26.20 | 2:54:13 | 6:38 | 9 | 38:51 | 41 | 44:23 |