



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        |