



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Biermann, Simone

Club: Wiehen-Wölfe
Number: 177

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:55:24

Speed: 8.96 km/h
Running performance: 6:41 min/km

Rank in course/Total: 367 (of 529)

Rank in course/Women: 43 (of 82)

Best time in course: 2:09:50

Rank in category: 11(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	20:17	6:08	9	2:24	34	4:59	3.30	20:17	6:08	9	2:24	34	4:59
Schlüsie	3.10	24:33	7:55	11	3:38	43	6:26	6.40	44:50	7:00	10	5:57	37	11:18
Hermannsklippe	2.60	21:05	8:06	10	3:48	42	5:22	9.00	1:05:55	7:19	11	9:19	42	16:40
Brocken	3.10	34:45	11:12	10	7:29	41	9:18	12.10	1:40:40	8:19	11	16:48	44	25:58
Eiserner Handwe	3.60	19:27	5:24	8	2:49	30	5:25	15.70	2:00:07	7:39	11	19:02	43	29:51
Schlüsie	4.10	20:36	5:01	10	4:50	47	7:19	19.80	2:20:43	7:06	11	22:37	45	36:16
Loddenke	3.10	16:28	5:18	10	2:56	49	4:44	22.90	2:37:11	6:51	11	25:27	44	41:00
Ilseburg/Markt	3.30	18:13	5:31	8	2:52	47	4:34	26.20	2:55:24	6:41	11	27:54	43	45:34