



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Möhring, Maike

Club: Tri Team Lüneburg
Number: 154

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:56:17

Speed: 8.85 km/h
Running performance: 6:44 min/km

Rank in course/Total: 375 (of 529)

Rank in course/Women: 44 (of 82)

Best time in course: 2:09:50

Rank in category: 10(of 17)

Best time in the category: 2:15:22

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	21:35	6:32	13	4:24	54	6:17	3.30	21:35	6:32	13	4:24	54	6:17
Schlüsie	3.10	26:35	8:34	14	7:19	61	8:28	6.40	48:10	7:31	14	11:43	56	14:38
Hermannsklippe	2.60	22:24	8:36	14	6:00	53	6:41	9.00	1:10:34	7:50	14	17:43	54	21:19
Brocken	3.10	35:24	11:25	13	9:34	49	9:57	12.10	1:45:58	8:45	14	27:17	53	31:16
Eiserner Handwe	3.60	19:35	5:26	8	4:29	32	5:33	15.70	2:05:33	7:59	12	31:46	48	35:17
Schlüsie	4.10	18:39	4:32	7	3:52	30	5:22	19.80	2:24:12	7:16	12	35:38	48	39:45
Loddenke	3.10	14:52	4:47	5	2:24	21	3:08	22.90	2:39:04	6:56	12	38:02	48	42:53
Ilseburg/Markt	3.30	17:13	5:13	8	2:53	32	3:34	26.20	2:56:17	6:43	10	40:55	44	46:27