



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Zierdt, Iris

Club: LAV 07 Bad Harzburg
Number: 206

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:56:34

Speed: 8.84 km/h
Running performance: 6:44 min/km

Rank in course/Total: 376 (of 529)

Rank in course/Women: 45 (of 82)

Best time in course: 2:09:50

Rank in category: 11(of 17)

Best time in the category: 2:15:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	19:33	5:55	5	2:22	20	4:15	3.30	19:33	5:55	5	2:22	20	4:15
Schlüsie	3.10	23:59	7:44	9	4:43	30	5:52	6.40	43:32	6:48	8	7:05	28	10:00
Hermannsklippe	2.60	21:08	8:07	9	4:44	43	5:25	9.00	1:04:40	7:11	9	11:49	32	15:25
Brocken	3.10	35:20	11:23	12	9:30	48	9:53	12.10	1:40:00	8:15	9	21:19	42	25:18
Eiserner Handwe	3.60	20:49	5:46	12	5:43	46	6:47	15.70	2:00:49	7:41	9	27:02	44	30:33
Schlüsie	4.10	19:28	4:44	11	4:41	37	6:11	19.80	2:20:17	7:05	10	31:43	41	35:50
Loddenke	3.10	16:03	5:10	13	3:35	43	4:19	22.90	2:36:20	6:49	10	35:18	42	40:09
Ilseburg/Markt	3.30	20:14	6:07	15	5:54	61	6:35	26.20	2:56:34	6:44	11	41:12	45	46:44