



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Reuß, Sylvia

Club: Ballenstedt  
Number: 359

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 2:56:45

Speed: 8.83 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 377 (of 529)

Rank in course/Women: 46 (of 82)

Best time in course: 2:09:50

Rank in category: 4(of 13)

Best time in the category: 2:39:44

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	19:50	6:00	2	0:37	25	4:32	3.30	19:50	6:00	2	0:37	25	4:32
Schlüsie	3.10	23:44	7:39	3	1:19	29	5:37	6.40	43:34	6:48	3	1:53	29	10:02
Hermannsklippe	2.60	21:41	8:20	4	2:31	50	5:58	9.00	1:05:15	7:15	4	4:15	37	16:00
Brocken	3.10	35:54	11:34	5	3:24	53	10:27	12.10	1:41:09	8:21	4	7:39	45	26:27
Eiserner Handwe	3.60	21:03	5:50	6	3:37	51	7:01	15.70	2:02:12	7:47	4	9:24	47	31:56
Schlüsie	4.10	20:13	4:55	4	4:10	43	6:56	19.80	2:22:25	7:11	4	13:25	46	37:58
Loddenke	3.10	16:10	5:12	4	1:56	46	4:26	22.90	2:38:35	6:55	4	15:21	46	42:24
Ilseburg/Markt	3.30	18:10	5:30	7	2:20	45	4:31	26.20	2:56:45	6:44	4	17:01	46	46:55