



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Steffen, Sandra

Club: Rostock
Number: 89

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:57:20

Speed: 8.80 km/h
Running performance: 6:46 min/km

Rank in course/Total: 383 (of 529)

Rank in course/Women: 47 (of 82)

Best time in course: 2:09:50

Rank in category: 12(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	20:46	6:17	11	3:35	43	5:28	3.30	20:46	6:17	11	3:35	43	5:28
Schlüsie	3.10	24:38	7:56	11	5:22	45	6:31	6.40	45:24	7:05	11	8:57	44	11:52
Hermannsklippe	2.60	21:29	8:15	12	5:05	48	5:46	9.00	1:06:53	7:25	11	14:02	47	17:38
Brocken	3.10	35:12	11:21	10	9:22	46	9:45	12.10	1:42:05	8:26	11	23:24	47	27:23
Eiserner Handwe	3.60	19:58	5:32	10	4:52	37	5:56	15.70	2:02:03	7:46	11	28:16	46	31:47
Schlüsie	4.10	20:25	4:58	12	5:38	45	7:08	19.80	2:22:28	7:11	11	33:54	47	38:01
Loddenke	3.10	16:01	5:09	11	3:33	40	4:17	22.90	2:38:29	6:55	11	37:27	45	42:18
Ilseburg/Markt	3.30	18:51	5:42	12	4:31	53	5:12	26.20	2:57:20	6:46	12	41:58	47	47:30