



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Arnhold, Petra

Club: Rennsteiglaufverein
Number: 336

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 2:59:03

Speed: 8.71 km/h
Running performance: 6:50 min/km

Rank in course/Total: 395 (of 529)

Rank in course/Women: 49 (of 82)

Best time in course: 2:09:50

Rank in category: 4(of 7)

Best time in the category: 2:49:30

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	20:30	6:12	2	0:02	40	5:12	3.30	20:30	6:12	2	0:02	40	5:12
Schlüsie	3.10	24:33	7:55	4	0:28	43	6:26	6.40	45:03	7:02	3	0:24	39	11:31
Hermannsklippe	2.60	19:12	7:23	1	-	22	3:29	9.00	1:04:15	7:08	1	-	29	15:00
Brocken	3.10	32:44	10:33	2	0:20	30	7:17	12.10	1:36:59	8:00	1	-	30	22:17
Eiserner Handwe	3.60	21:44	6:02	5	2:25	56	7:42	15.70	1:58:43	7:33	3	0:28	37	28:27
Schlüsie	4.10	21:49	5:19	4	3:24	52	8:32	19.80	2:20:32	7:05	4	3:52	43	36:05
Loddenke	3.10	18:05	5:49	6	2:50	62	6:21	22.90	2:38:37	6:55	4	6:20	47	42:26
Ilseburg/Markt	3.30	20:26	6:11	5	4:00	63	6:47	26.20	2:59:03	6:50	4	9:33	49	49:13