



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Langbecker, Yvonne

Club: ESV 49 Angermünde -Die Lokvögel-  
Number: 342

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:03:31

Speed: 8.50 km/h  
Running performance: 7:00 min/km

Rank in course/Total: 411 (of 529)

Rank in course/Women: 51 (of 82)

Best time in course: 2:09:50

Rank in category: 12(of 16)

Best time in the category: 2:27:30

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	20:28	6:12	10	2:35	36	5:10	3.30	20:28	6:12	10	2:35	36	5:10
Schlüsie	3.10	24:42	7:58	12	3:47	48	6:35	6.40	45:10	7:03	11	6:17	41	11:38
Hermannsklippe	2.60	21:18	8:11	11	4:01	45	5:35	9.00	1:06:28	7:23	12	9:52	44	17:13
Brocken	3.10	37:22	12:03	13	10:06	60	11:55	12.10	1:43:50	8:34	12	19:58	49	29:08
Eiserner Handwe	3.60	24:56	6:55	13	8:18	71	10:54	15.70	2:08:46	8:12	12	27:41	53	38:30
Schlüsie	4.10	21:57	5:21	12	6:11	55	8:40	19.80	2:30:43	7:36	12	32:37	53	46:16
Loddenke	3.10	16:01	5:09	7	2:29	40	4:17	22.90	2:46:44	7:16	12	35:00	52	50:33
Ilseburg/Markt	3.30	16:47	5:05	5	1:26	25	3:08	26.20	3:03:31	7:00	12	36:01	51	53:41