



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Wickmann, Birgitt

Club: Wedel
Number: 303

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 3:15:30

Speed: 7.98 km/h
Running performance: 7:28 min/km

Rank in course/Total: 459 (of 529)

Rank in course/Women: 62 (of 82)

Best time in course: 2:09:50

Rank in category: 6(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	21:41	6:34	6	1:13	56	6:23	3.30	21:41	6:34	6	1:13	56	6:23
Schlüsie	3.10	27:14	8:47	6	3:09	66	9:07	6.40	48:55	7:38	6	4:16	62	15:23
Hermannsklippe	2.60	23:56	9:12	6	4:44	69	8:13	9.00	1:12:51	8:05	6	8:36	63	23:36
Brocken	3.10	41:01	13:13	7	8:37	73	15:34	12.10	1:53:52	9:24	6	16:53	67	39:10
Eiserner Handwe	3.60	20:35	5:43	3	1:16	45	6:33	15.70	2:14:27	8:33	6	16:12	64	44:11
Schlüsie	4.10	21:57	5:21	5	3:32	55	8:40	19.80	2:36:24	7:53	6	19:44	63	51:57
Loddenke	3.10	17:24	5:36	5	2:09	58	5:40	22.90	2:53:48	7:35	6	21:31	62	57:37
Ilseburg/Markt	3.30	21:42	6:34	6	5:16	71	8:03	26.20	3:15:30	7:27	6	26:00	62	1:05:40