



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Herrmann, Sabrina

Club: Gelsenkirchen
Number: 243

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 3:24:05

Speed: 7.64 km/h
Running performance: 7:47 min/km

Rank in course/Total: 485 (of 529)

Rank in course/Women: 69 (of 82)

Best time in course: 2:09:50

Rank in category: 8(of 8)

Best time in the category: 2:09:50

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	21:31	6:31	7	6:13	51	6:13	3.30	21:31	6:31	7	6:13	51	6:13
Schlüsie	3.10	27:26	8:50	8	9:19	68	9:19	6.40	48:57	7:38	7	15:25	63	15:25
Hermannsklippe	2.60	23:54	9:11	8	8:11	67	8:11	9.00	1:12:51	8:05	7	23:36	63	23:36
Brocken	3.10	41:00	13:13	8	15:33	72	15:33	12.10	1:53:51	9:24	8	39:09	66	39:09
Eiserner Handwe	3.60	24:41	6:51	7	10:39	68	10:39	15.70	2:18:32	8:49	8	48:16	68	48:16
Schlüsie	4.10	24:08	5:53	8	10:51	69	10:51	19.80	2:42:40	8:12	8	58:13	69	58:13
Loddenke	3.10	19:33	6:18	8	7:49	71	7:49	22.90	3:02:13	7:57	8	1:06:02	69	1:06:02
Ilseburg/Markt	3.30	21:52	6:37	8	8:13	73	8:13	26.20	3:24:05	7:47	8	1:14:15	69	1:14:15