



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Boekhoff, Maria

Club: ZFT

Number: 275

Course: 26.20 km

26,2 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 3:31:39

Speed: 7.37 km/h

Running performance: 8:05 min/km

Rank in course/Total: 495 (of 529)

Rank in course/Women: 75 (of 82)

Best time in course: 2:09:50

Rank in category: 5(of 5)

Best time in the category: 2:16:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	25:38	7:46	5	9:01	79	10:20	3.30	25:38	7:46	5	9:01	79	10:20
Schlüsie	3.10	29:25	9:29	5	10:00	78	11:18	6.40	55:03	8:36	5	19:01	78	21:31
Hermannsklippe	2.60	25:07	9:39	5	8:38	74	9:24	9.00	1:20:10	8:54	5	27:39	78	30:55
Brocken	3.10	39:14	12:39	5	12:02	67	13:47	12.10	1:59:24	9:52	5	39:15	76	44:42
Eiserner Handwe	3.60	21:21	5:55	4	5:44	55	7:19	15.70	2:20:45	8:57	5	44:59	73	50:29
Schlüsie	4.10	30:25	7:25	5	16:02	80	17:08	19.80	2:51:10	8:38	5	1:01:01	76	1:06:43
Loddenke	3.10	19:56	6:25	5	7:46	73	8:12	22.90	3:11:06	8:20	5	1:08:47	75	1:14:55
Ilseburg/Markt	3.30	20:33	6:13	4	6:35	64	6:54	26.20	3:31:39	8:04	5	1:15:22	75	1:21:49