



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Sanftenberg, Birgit

Club: MTV 1860 Minden e. V.  
Number: 106

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 3:41:06

Speed: 7.06 km/h  
Running performance: 8:26 min/km

Rank in course/Total: 506 (of 529)

Rank in course/Women: 78 (of 82)

Best time in course: 2:09:50

Rank in category: 4(of 4)

Best time in the category: 2:48:56

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	23:55	7:14	3	2:22	72	8:37	3.30	23:55	7:14	3	2:22	72	8:37
Schlüsie	3.10	28:19	9:08	3	3:40	75	10:12	6.40	52:14	8:09	3	6:02	73	18:42
Hermannsklippe	2.60	25:17	9:43	3	4:15	75	9:34	9.00	1:17:31	8:36	3	10:17	75	28:16
Brocken	3.10	41:58	13:32	4	10:40	77	16:31	12.10	1:59:29	9:52	3	20:57	78	44:47
Eiserner Handwe	3.60	26:22	7:19	4	7:54	78	12:20	15.70	2:25:51	9:17	3	28:51	78	55:35
Schlüsie	4.10	27:29	6:42	4	9:37	78	14:12	19.80	2:53:20	8:45	4	38:28	79	1:08:53
Loddenke	3.10	23:43	7:39	4	7:46	78	11:59	22.90	3:17:03	8:36	4	46:14	78	1:20:52
Ilseburg/Markt	3.30	24:03	7:17	4	5:56	78	10:24	26.20	3:41:06	8:26	4	52:10	78	1:31:16