



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

EBERHAGEN, Friederike

Club: Hamburg
Number: 213

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:33:08

Speed: 10.19 km/h
Running performance: 5:50 min/km

Rank in course/Total: 203 (of 500)

Rank in course/Women: 11 (of 77)

Best time in course: 1:57:27

Rank in category: 3(of 6)

Best time in the category: 2:18:07

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	18:27	5:35	3	0:48	8	3:46	3.30	18:27	5:35	3	0:48	8	3:46
Schlüsie	3.10	19:52	6:24	2	1:10	7	3:43	6.40	38:19	5:59	2	1:43	7	7:29
Hermannsklippe	2.60	18:29	7:06	3	2:14	17	4:02	9.00	56:48	6:18	2	3:57	7	11:31
Brocken	3.10	30:12	9:44	3	4:51	15	7:55	12.10	1:27:00	7:11	3	8:48	11	19:26
Eiserner Handwe	3.60	18:23	5:06	3	1:39	13	5:15	15.70	1:45:23	6:42	3	10:27	12	24:41
Schlüsie	4.10	18:34	4:31	3	2:10	21	5:26	19.80	2:03:57	6:15	3	12:37	13	30:07
Loddenke	3.10	14:14	4:35	2	1:25	17	2:49	22.90	2:18:11	6:02	3	14:02	13	32:56
Ilseburg/Markt	3.30	14:57	4:31	2	0:59	9	14:42	26.20	2:33:08	5:50	3	15:01	12	2:32:53