



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HELSPER, Simone

Club: TV Rennerod Run For Fun
Number: 134

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:52:03

Speed: 9.07 km/h
Running performance: 6:34 min/km

Rank in course/Total: 363 (of 500)

Rank in course/Women: 38 (of 77)

Best time in course: 1:57:27

Rank in category: 8(of 16)

Best time in the category: 2:23:47

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	21:44	6:35	10	4:16	49	7:03	3.30	21:44	6:35	10	4:16	49	7:03
Schlüsie	3.10	22:04	7:07	7	2:50	31	5:55	6.40	43:48	6:50	8	7:06	40	12:58
Hermannsklippe	2.60	21:16	8:10	9	4:01	44	6:49	9.00	1:05:04	7:13	8	11:07	41	19:47
Brocken	3.10	33:06	10:40	7	5:13	39	10:49	12.10	1:38:10	8:06	8	16:20	40	30:36
Eiserner Handwe	3.60	21:22	5:56	9	4:20	43	8:14	15.70	1:59:32	7:36	8	20:40	42	38:50
Schlüsie	4.10	19:29	4:45	7	2:25	35	6:21	19.80	2:19:01	7:01	8	23:05	39	45:11
Loddenke	3.10	15:08	4:52	6	1:53	27	3:43	22.90	2:34:09	6:43	8	24:58	38	48:54
Ilseburg/Markt	3.30	17:54	5:25	10	3:18	46	17:39	26.20	2:52:03	6:34	8	28:16	39	2:51:48