



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Eberhardt, Heike

Club: Langelsheim  
Number: 459

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:22:33

Speed: 10.94 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 98 (of 506)

Rank in course/Women: 5 (of 90)

Best time in course: 2:00:04

Rank in category: 2(of 21)

Best time in the category: 2:07:12

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	18:06	5:29	2	1:28	8	3:25	3.30	18:06	5:29	2	1:28	8	3:25
Bremer Hütte	2.40	15:20	6:23	2	1:34	9	2:19	5.70	33:26	5:51	2	3:02	7	5:44
Hermannsklippe	3.30	20:32	6:13	2	2:06	6	2:26	9.00	53:58	5:59	2	5:08	7	8:10
Brocken	3.10	27:14	8:47	2	3:47	5	3:47	12.10	1:21:12	6:42	2	8:55	7	11:43
Eiserner Handwe	3.60	17:27	4:50	2	2:29	9	4:06	15.70	1:38:39	6:17	2	11:24	7	15:49
Bremer Hütte	4.10	19:44	4:48	2	2:17	7	3:18	19.80	1:58:23	5:58	2	13:41	7	19:07
Loddenke	3.10	10:04	3:14	2	0:54	5	1:26	22.90	2:08:27	5:36	2	14:35	5	20:33
Ilseburg/Markt	3.30	14:06	4:16	2	0:46	4	1:56	26.20	2:22:33	5:26	2	15:21	5	22:29