



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Eberhagen, Friederike

Club: Hamburg
Number: 102

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:23:20

Speed: 10.88 km/h
Running performance: 5:28 min/km

Rank in course/Total: 106 (of 506)

Rank in course/Women: 6 (of 90)

Best time in course: 2:00:04

Rank in category: 1(of 8)

Best time in the category: 2:23:20

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	18:42	5:40	3	1:58	13	4:01	3.30	18:42	5:40	3	1:58	13	4:01
Bremer Hütte	2.40	14:48	6:10	2	0:09	5	1:47	5.70	33:30	5:52	2	2:07	8	5:48
Hermannsklippe	3.30	20:33	6:13	2	0:24	8	2:27	9.00	54:03	6:00	2	2:31	8	8:15
Brocken	3.10	27:35	8:53	1	-	7	4:08	12.10	1:21:38	6:44	2	2:21	8	12:09
Eiserner Handwe	3.60	17:37	4:53	3	0:56	12	4:16	15.70	1:39:15	6:19	2	2:36	9	16:25
Bremer Hütte	4.10	20:22	4:58	2	0:17	10	3:56	19.80	1:59:37	6:02	2	2:04	9	20:21
Loddenke	3.10	10:10	3:16	1	-	6	1:32	22.90	2:09:47	5:40	2	1:12	9	21:53
Ilseburg/Markt	3.30	13:33	4:06	1	-	3	1:23	26.20	2:23:20	5:28	1	-	6	23:16