



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Vos, Seychelle

Club: Göttingen
Number: 524

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:24:59

Speed: 10.76 km/h
Running performance: 5:32 min/km

Rank in course/Total: 120 (of 506)

Rank in course/Women: 9 (of 90)

Best time in course: 2:00:04

Rank in category: 2(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	16:44	5:04	1	-	5	2:03	3.30	16:44	5:04	1	-	5	2:03
Bremer Hütte	2.40	14:39	6:06	1	-	4	1:38	5.70	31:23	5:30	1	-	4	3:41
Hermannsklippe	3.30	20:09	6:06	1	-	5	2:03	9.00	51:32	5:43	1	-	4	5:44
Brocken	3.10	27:45	8:57	2	0:10	8	4:18	12.10	1:19:17	6:33	1	-	5	9:48
Eiserner Handwe	3.60	17:22	4:49	2	0:41	8	4:01	15.70	1:36:39	6:09	1	-	5	13:49
Bremer Hütte	4.10	20:54	5:05	3	0:49	12	4:28	19.80	1:57:33	5:56	1	-	5	18:17
Loddenke	3.10	11:02	3:33	3	0:52	16	2:24	22.90	2:08:35	5:36	1	-	6	20:41
Ilseburg/Markt	3.30	16:24	4:58	4	2:51	27	4:14	26.20	2:24:59	5:32	2	1:39	9	24:55