



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Simonis, Svetlana

Club: Walldorf
Number: 376

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:41:27

Speed: 9.74 km/h
Running performance: 6:10 min/km

Rank in course/Total: 244 (of 506)

Rank in course/Women: 22 (of 90)

Best time in course: 2:00:04

Rank in category: 6(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 | 19:33 | 5:55 | 7 | 2:55 | 23 | 4:52 | 3.30 | 19:33 | 5:55 | 7 | 2:55 | 23 | 4:52 |
| Bremer Hütte | 2.40 | 17:32 | 7:18 | 8 | 3:46 | 26 | 4:31 | 5.70 | 37:05 | 6:30 | 8 | 6:41 | 24 | 9:23 |
| Hermannsklippe | 3.30 | 23:40 | 7:10 | 7 | 5:14 | 30 | 5:34 | 9.00 | 1:00:45 | 6:45 | 7 | 11:55 | 25 | 14:57 |
| Brocken | 3.10 | 32:24 | 10:27 | 7 | 8:57 | 32 | 8:57 | 12.10 | 1:33:09 | 7:41 | 7 | 20:52 | 26 | 23:40 |
| Eiserner Handwe | 3.60 | 19:04 | 5:17 | 6 | 4:06 | 24 | 5:43 | 15.70 | 1:52:13 | 7:08 | 7 | 24:58 | 26 | 29:23 |
| Bremer Hütte | 4.10 | 21:37 | 5:16 | 6 | 4:10 | 24 | 5:11 | 19.80 | 2:13:50 | 6:45 | 7 | 29:08 | 25 | 34:34 |
| Loddenke | 3.10 | 11:17 | 3:38 | 4 | 2:07 | 18 | 2:39 | 22.90 | 2:25:07 | 6:20 | 6 | 31:15 | 24 | 37:13 |
| Ilseburg/Markt | 3.30 | 16:20 | 4:56 | 8 | 3:00 | 26 | 4:10 | 26.20 | 2:41:27 | 6:09 | 6 | 34:15 | 22 | 41:23 |