



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Schöpf, Heide

Club: Hannover
Number: 357

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:48:52

Speed: 9.31 km/h
Running performance: 6:27 min/km

Rank in course/Total: 311 (of 506)

Rank in course/Women: 33 (of 90)

Best time in course: 2:00:04

Rank in category: 5(of 16)

Best time in the category: 2:23:48

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	20:47	6:17	5	1:59	40	6:06	3.30	20:47	6:17	5	1:59	40	6:06
Bremer Hütte	2.40	18:13	7:35	7	2:58	36	5:12	5.70	39:00	6:50	7	4:57	36	11:18
Hermannsklippe	3.30	23:48	7:12	5	3:02	31	5:42	9.00	1:02:48	6:58	6	7:59	32	17:00
Brocken	3.10	32:24	10:27	6	5:05	32	8:57	12.10	1:35:12	7:52	6	13:04	30	25:43
Eiserner Handwe	3.60	19:57	5:32	5	2:52	35	6:36	15.70	1:55:09	7:20	5	15:56	30	32:19
Bremer Hütte	4.10	23:26	5:42	5	3:54	42	7:00	19.80	2:18:35	6:59	5	19:50	32	39:19
Loddenke	3.10	13:26	4:19	10	2:43	57	4:48	22.90	2:32:01	6:38	5	22:33	33	44:07
Ilseburg/Markt	3.30	16:51	5:06	5	2:31	34	4:41	26.20	2:48:52	6:26	5	25:04	33	48:48