



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sprung, Vanessa

Club: Hannover
Number: 515

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:50:33

Speed: 9.15 km/h
Running performance: 6:31 min/km

Rank in course/Total: 321 (of 506)

Rank in course/Women: 37 (of 90)

Best time in course: 2:00:04

Rank in category: 6(of 8)

Best time in the category: 2:23:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	19:51	6:00	4	3:07	27	5:10	3.30	19:51	6:00	4	3:07	27	5:10
Bremer Hütte	2.40	18:09	7:33	5	3:30	34	5:08	5.70	38:00	6:40	4	6:37	27	10:18
Hermannsklippe	3.30	24:35	7:26	5	4:26	35	6:29	9.00	1:02:35	6:57	4	11:03	30	16:47
Brocken	3.10	34:43	11:11	6	7:08	48	11:16	12.10	1:37:18	8:02	5	18:01	41	27:49
Eiserner Handwe	3.60	21:01	5:50	7	4:20	47	7:40	15.70	1:58:19	7:32	5	21:40	40	35:29
Bremer Hütte	4.10	22:49	5:33	6	2:44	37	6:23	19.80	2:21:08	7:07	5	23:35	37	41:52
Loddenke	3.10	12:09	3:55	7	1:59	33	3:31	22.90	2:33:17	6:41	5	24:42	37	45:23
Ilseburg/Markt	3.30	17:16	5:13	7	3:43	38	5:06	26.20	2:50:33	6:30	6	27:13	37	50:29