



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Grun, Mandy

Club: Crispy Crazy Chicken
Number: 148

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:12:37

Speed: 8.10 km/h
Running performance: 7:21 min/km

Rank in course/Total: 438 (of 506)

Rank in course/Women: 68 (of 90)

Best time in course: 2:00:04

Rank in category: 12(of 15)

Best time in the category: 2:11:37

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	20:26	6:11	6	4:40	35	5:45	3.30	20:26	6:11	6	4:40	35	5:45
Bremer Hütte	2.40	22:30	9:22	14	8:18	80	9:29	5.70	42:56	7:31	12	12:58	62	15:14
Hermannsklippe	3.30	27:50	8:26	12	8:45	64	9:44	9.00	1:10:46	7:51	12	21:43	65	24:58
Brocken	3.10	36:30	11:46	12	11:48	61	13:03	12.10	1:47:16	8:51	12	33:31	63	37:47
Eiserner Handwe	3.60	23:21	6:29	10	7:31	68	10:00	15.70	2:10:37	8:19	12	41:02	64	47:47
Bremer Hütte	4.10	28:59	7:04	14	10:41	79	12:33	19.80	2:39:36	8:03	12	51:43	69	1:00:20
Loddenke	3.10	15:00	4:50	13	5:32	71	6:22	22.90	2:54:36	7:37	12	57:15	69	1:06:42
Ilseburg/Markt	3.30	18:01	5:27	10	3:45	56	5:51	26.20	3:12:37	7:21	12	1:01:00	68	1:12:33