



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Von Heine, Denise

Club: Sport 4 Life  
Number: 394

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 3:46:42

Speed: 6.88 km/h  
Running performance: 8:39 min/km

Rank in course/Total: 490 (of 506)

Rank in course/Women: 86 (of 90)

Best time in course: 2:00:04

Rank in category: 15(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	26:06	7:54	15	10:20	86	11:25	3.30	26:06	7:54	15	10:20	86	11:25
Bremer Hütte	2.40	23:05	9:37	15	8:53	86	10:04	5.70	49:11	8:37	15	19:13	86	21:29
Hermannsklippe	3.30	31:31	9:33	15	12:26	87	13:25	9.00	1:20:42	8:58	15	31:39	87	34:54
Brocken	3.10	47:04	15:10	15	22:22	90	23:37	12.10	2:07:46	10:33	15	54:01	88	58:17
Eiserner Handwe	3.60	27:00	7:30	15	11:10	85	13:39	15.70	2:34:46	9:51	15	1:05:11	87	1:11:56
Bremer Hütte	4.10	30:55	7:32	15	12:37	85	14:29	19.80	3:05:41	9:22	15	1:17:48	87	1:26:25
Loddenke	3.10	16:14	5:14	15	6:46	77	7:36	22.90	3:21:55	8:49	15	1:24:34	86	1:34:01
Ilseburg/Markt	3.30	24:47	7:30	15	10:31	87	12:37	26.20	3:46:42	8:39	15	1:35:05	86	1:46:38