



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wennhold, Lorena

Club: NotFastJustFurious
Number: 555

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 3:38:46

Speed: 7.19 km/h
Running performance: 8:21 min/km

Rank in course/Total: 559 (of 581)

Rank in course/Women: 97 (of 106)

Best time in course: 2:08:56

Rank in category: 6(of 6)

Best time in the category: 2:36:48

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	24:36	7:27	4	6:50	92	8:48	3.30	24:36	7:27	4	6:50	92	8:48
Schlüsie	3.10	28:50	9:18	6	8:12	96	12:15	6.40	53:26	8:20	6	15:02	95	20:58
Hermannsklippe	2.60	25:17	9:43	6	7:04	92	10:42	9.00	1:18:43	8:44	6	21:33	96	31:40
Brocken	3.10	40:28	13:03	6	9:05	89	16:19	12.10	1:59:11	9:50	6	30:38	95	47:52
Eiserner Handwe	3.60	28:46	7:59	6	10:53	103	13:34	15.70	2:27:57	9:25	6	41:31	98	1:01:26
Schlüsie	4.10	28:19	6:54	6	10:42	101	13:13	19.80	2:56:16	8:54	6	52:13	97	1:14:39
Loddenke	3.10	20:27	6:35	6	6:47	92	8:20	22.90	3:16:43	8:35	6	57:28	96	1:22:59
Ilseburg/Markt	3.30	22:03	6:40	6	6:35	92	8:03	26.20	3:38:46	8:20	6	1:01:58	97	1:29:50