



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Von Heine, Denise

Club: Hamburg
Number: 530

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:56:32

Speed: 6.60 km/h
Running performance: 9:02 min/km

Rank in course/Total: 574 (of 581)

Rank in course/Women: 104 (of 106)

Best time in course: 2:08:56

Rank in category: 25(of 26)

Best time in the category: 2:19:04

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	28:02	8:29	24	11:32	103	12:14	3.30	28:02	8:29	24	11:32	103	12:14
Schlüsse	3.10	30:12	9:44	25	12:01	100	13:37	6.40	58:14	9:05	25	23:33	100	25:46
Hermannsklippe	2.60	26:07	10:02	25	9:54	97	11:32	9.00	1:24:21	9:22	25	33:27	102	37:18
Brocken	3.10	47:20	15:16	25	20:10	102	23:11	12.10	2:11:41	10:52	25	53:05	103	1:00:22
Eiserner Handweg	3.60	28:07	7:48	23	12:08	100	12:55	15.70	2:39:48	10:10	25	1:05:13	103	1:13:17
Schlüsse	4.10	28:10	6:52	23	11:44	100	13:04	19.80	3:07:58	9:29	25	1:16:57	103	1:26:21
Loddenke	3.10	22:19	7:11	24	9:07	103	10:12	22.90	3:30:17	9:10	25	1:26:04	103	1:36:33
Ilseburg/Markt	3.30	26:15	7:57	25	11:24	104	12:15	26.20	3:56:32	9:01	25	1:37:28	104	1:47:36