



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schlemeier, Verena

Club: sv teutonia sorsum
Number: 444

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:13:53

Speed: 11.74 km/h
Running performance: 5:07 min/km

Rank in course/Total: 70 (of 581)
Rank in course/Women: 3 (of 106)
Best time in course: 2:08:56

Rank in category: 1(of 11)
Best time in the category: 2:13:53

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	15:57	4:49	1	-	3	0:09	3.30	15:57	4:49	1	-	3	0:09
Schlüsie	3.10	17:35	5:40	1	-	3	1:00	6.40	33:32	5:14	1	-	2	1:04
Hermannsklippe	2.60	15:25	5:55	1	-	3	0:50	9.00	48:57	5:26	1	-	2	1:54
Brocken	3.10	25:28	8:12	1	-	3	1:19	12.10	1:14:25	6:09	1	-	2	3:06
Eiserner Handwe	3.60	16:54	4:41	1	-	5	1:42	15.70	1:31:19	5:48	1	-	3	4:48
Schlüsie	4.10	16:02	3:54	1	-	3	0:56	19.80	1:47:21	5:25	1	-	3	5:44
Loddenke	3.10	12:32	4:02	1	-	2	0:25	22.90	1:59:53	5:14	1	-	3	6:09
Ilseburg/Markt	3.30	14:00	4:14	1	-	1	-	26.20	2:13:53	5:06	1	-	3	4:57