



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Brüchner, Marion

Number: 84

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:32:48

Speed: 10.21 km/h
Running performance: 5:50 min/km

Rank in course/Total: 215 (of 581)

Rank in course/Women: 10 (of 106)

Best time in course: 2:08:56

Rank in category: 3(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	19:30	5:54	4	3:00	18	3:42	3.30	19:30	5:54	4	3:00	18	3:42
Schlüsie	3.10	20:27	6:35	3	2:16	10	3:52	6.40	39:57	6:14	3	5:16	11	7:29
Hermannsklippe	2.60	17:49	6:51	3	1:36	9	3:14	9.00	57:46	6:25	3	6:52	11	10:43
Brocken	3.10	27:52	8:59	3	0:42	6	3:43	12.10	1:25:38	7:04	3	7:02	7	14:19
Eiserner Handwe	3.60	18:22	5:06	5	2:23	13	3:10	15.70	1:44:00	6:37	3	9:25	8	17:29
Schlüsie	4.10	18:01	4:23	3	1:35	15	2:55	19.80	2:02:01	6:09	3	11:00	10	20:24
Loddenke	3.10	14:30	4:40	5	1:18	18	2:23	22.90	2:16:31	5:57	3	12:18	10	22:47
Ilseburg/Markt	3.30	16:17	4:56	5	1:26	17	2:17	26.20	2:32:48	5:49	3	13:44	10	23:52