



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hackbarth, Annett

Club: Rot-Weiß Abbenrode
Number: 182

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:34:00

Speed: 10.13 km/h
Running performance: 5:53 min/km

Rank in course/Total: 223 (of 581)

Rank in course/Women: 11 (of 106)

Best time in course: 2:08:56

Rank in category: 4(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	19:15	5:50	3	2:45	15	3:27	3.30	19:15	5:50	3	2:45	15	3:27
Schlüsie	3.10	20:50	6:43	4	2:39	14	4:15	6.40	40:05	6:15	4	5:24	12	7:37
Hermannsklippe	2.60	18:20	7:03	4	2:07	14	3:45	9.00	58:25	6:29	4	7:31	12	11:22
Brocken	3.10	30:57	9:59	4	3:47	11	6:48	12.10	1:29:22	7:23	4	10:46	12	18:03
Eiserner Handwe	3.60	17:42	4:54	2	1:43	7	2:30	15.70	1:47:04	6:49	4	12:29	12	20:33
Schlüsie	4.10	17:11	4:11	2	0:45	7	2:05	19.80	2:04:15	6:16	4	13:14	12	22:38
Loddenke	3.10	13:54	4:29	2	0:42	10	1:47	22.90	2:18:09	6:01	4	13:56	11	24:25
Ilseburg/Markt	3.30	15:51	4:48	3	1:00	14	1:51	26.20	2:34:00	5:52	4	14:56	11	25:04