



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Renziehausen, Denise

Club: pingpank running  
Number: 406

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:42:36

Speed: 9.67 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 300 (of 581)

Rank in course/Women: 18 (of 106)

Best time in course: 2:08:56

Rank in category: 5(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	21:32	6:31	10	5:02	46	5:44	3.30	21:32	6:31	10	5:02	46	5:44
Schlüsie	3.10	22:17	7:11	8	4:06	28	5:42	6.40	43:49	6:50	10	9:08	37	11:21
Hermannsklippe	2.60	19:27	7:28	6	3:14	23	4:52	9.00	1:03:16	7:01	9	12:22	31	16:13
Brocken	3.10	32:14	10:23	5	5:04	21	8:05	12.10	1:35:30	7:53	6	16:54	25	24:11
Eiserner Handwe	3.60	18:45	5:12	6	2:46	17	3:33	15.70	1:54:15	7:16	6	19:40	22	27:44
Schlüsie	4.10	18:09	4:25	5	1:43	21	3:03	19.80	2:12:24	6:41	5	21:23	21	30:47
Loddenke	3.10	14:02	4:31	3	0:50	11	1:55	22.90	2:26:26	6:23	5	22:13	19	32:42
Ilseburg/Markt	3.30	16:10	4:53	4	1:19	15	2:10	26.20	2:42:36	6:12	5	23:32	18	33:40