



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Reinold, Claudia

Club: Non Stop Ultra Brakel
Number: 404

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:44:53

Speed: 9.46 km/h
Running performance: 6:17 min/km

Rank in course/Total: 317 (of 581)

Rank in course/Women: 24 (of 106)

Best time in course: 2:08:56

Rank in category: 4(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	19:11	5:48	3	3:14	14	3:23	3.30	19:11	5:48	3	3:14	14	3:23
Schlüsie	3.10	21:33	6:57	4	3:58	19	4:58	6.40	40:44	6:21	3	7:12	16	8:16
Hermannsklippe	2.60	19:12	7:23	3	3:47	19	4:37	9.00	59:56	6:39	3	10:59	18	12:53
Brocken	3.10	32:42	10:32	3	7:14	26	8:33	12.10	1:32:38	7:39	3	18:13	18	21:19
Eiserner Handwe	3.60	18:41	5:11	3	1:47	16	3:29	15.70	1:51:19	7:05	3	20:00	16	24:48
Schlüsie	4.10	18:05	4:24	3	2:03	17	2:59	19.80	2:09:24	6:32	3	22:03	17	27:47
Loddenke	3.10	16:10	5:12	6	3:38	44	4:03	22.90	2:25:34	6:21	3	25:41	18	31:50
Ilseburg/Markt	3.30	19:19	5:51	7	5:19	67	5:19	26.20	2:44:53	6:17	4	31:00	24	35:57