



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Simonis, Svetlana

Club: Ekosem-Agrar  
Number: 483

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:45:11

Speed: 9.44 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 321 (of 581)

Rank in course/Women: 27 (of 106)

Best time in course: 2:08:56

Rank in category: 8(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	20:11	6:06	7	3:41	29	4:23	3.30	20:11	6:06	7	3:41	29	4:23
Schlüsie	3.10	22:33	7:16	9	4:22	31	5:58	6.40	42:44	6:40	8	8:03	30	10:16
Hermannsklippe	2.60	19:56	7:39	9	3:43	29	5:21	9.00	1:02:40	6:57	8	11:46	28	15:37
Brocken	3.10	33:58	10:57	9	6:48	36	9:49	12.10	1:36:38	7:59	9	18:02	33	25:19
Eiserner Handwe	3.60	18:20	5:05	4	2:21	12	3:08	15.70	1:54:58	7:19	7	20:23	26	28:27
Schlüsie	4.10	18:08	4:25	4	1:42	20	3:02	19.80	2:13:06	6:43	6	22:05	24	31:29
Loddenke	3.10	15:09	4:53	8	1:57	28	3:02	22.90	2:28:15	6:28	8	24:02	26	34:31
Ilseburg/Markt	3.30	16:56	5:07	8	2:05	27	2:56	26.20	2:45:11	6:18	8	26:07	27	36:15