



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Mai, Tina

Club: Fun Runners Benneckenstein
Number: 322

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:45:47

Speed: 9.41 km/h
Running performance: 6:20 min/km

Rank in course/Total: 328 (of 581)

Rank in course/Women: 28 (of 106)

Best time in course: 2:08:56

Rank in category: 5(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	20:16	6:08	6	4:19	30	4:28	3.30	20:16	6:08	6	4:19	30	4:28
Schlüsie	3.10	23:03	7:26	6	5:28	39	6:28	6.40	43:19	6:46	6	9:47	31	10:51
Hermannsklippe	2.60	20:22	7:49	6	4:57	33	5:47	9.00	1:03:41	7:04	6	14:44	33	16:38
Brocken	3.10	32:54	10:36	4	7:26	27	8:45	12.10	1:36:35	7:58	6	22:10	32	25:16
Eiserner Handwe	3.60	19:05	5:18	5	2:11	22	3:53	15.70	1:55:40	7:22	6	24:21	30	29:09
Schlüsie	4.10	18:07	4:25	4	2:05	19	3:01	19.80	2:13:47	6:45	6	26:26	28	32:10
Loddenke	3.10	15:12	4:54	4	2:40	29	3:05	22.90	2:28:59	6:30	5	29:06	28	35:15
Ilseburg/Markt	3.30	16:48	5:05	4	2:48	24	2:48	26.20	2:45:47	6:19	5	31:54	28	36:51