



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Glodek, Viola

Club: Berlin
Number: 170

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:56:52

Speed: 8.89 km/h
Running performance: 6:45 min/km

Rank in course/Total: 410 (of 581)

Rank in course/Women: 42 (of 106)

Best time in course: 2:08:56

Rank in category: 6(of 11)

Best time in the category: 2:08:56

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	21:27	6:30	6	5:34	45	5:39	3.30	21:27	6:30	6	5:34	45	5:39
Schlüsie	3.10	22:17	7:11	5	5:42	28	5:42	6.40	43:44	6:49	6	11:16	35	11:16
Hermannsklippe	2.60	21:31	8:16	7	6:56	50	6:56	9.00	1:05:15	7:15	6	18:12	43	18:12
Brocken	3.10	35:08	11:19	6	10:52	50	10:59	12.10	1:40:23	8:17	6	29:04	46	29:04
Eiserner Handwe	3.60	22:17	6:11	7	7:05	55	7:05	15.70	2:02:40	7:48	6	36:09	45	36:09
Schlüsie	4.10	20:16	4:56	7	5:10	47	5:10	19.80	2:22:56	7:13	6	41:19	44	41:19
Loddenke	3.10	15:46	5:05	7	3:39	37	3:39	22.90	2:38:42	6:55	6	44:58	43	44:58
Ilseburg/Markt	3.30	18:10	5:30	8	3:05	48	4:10	26.20	2:56:52	6:45	6	47:56	42	47:56