



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Franke, Andrea

Club: Flying Stöckels de Luxe
Number: 148

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:02:50

Speed: 8.60 km/h
Running performance: 6:59 min/km

Rank in course/Total: 453 (of 581)

Rank in course/Women: 53 (of 106)

Best time in course: 2:08:56

Rank in category: 12(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	21:47	6:36	11	5:17	49	5:59	3.30	21:47	6:36	11	5:17	49	5:59
Schlüsie	3.10	24:32	7:54	16	6:21	63	7:57	6.40	46:19	7:14	13	11:38	55	13:51
Hermannsklippe	2.60	22:34	8:40	16	6:21	64	7:59	9.00	1:08:53	7:39	14	17:59	61	21:50
Brocken	3.10	38:18	12:21	18	11:08	73	14:09	12.10	1:47:11	8:51	16	28:35	64	35:52
Eiserner Handwe	3.60	21:54	6:04	12	5:55	51	6:42	15.70	2:09:05	8:13	16	34:30	65	42:34
Schlüsie	4.10	19:58	4:52	10	3:32	43	4:52	19.80	2:29:03	7:31	13	38:02	60	47:26
Loddenke	3.10	15:56	5:08	9	2:44	39	3:49	22.90	2:44:59	7:12	13	40:46	55	51:15
Ilseburg/Markt	3.30	17:51	5:24	10	3:00	41	3:51	26.20	3:02:50	6:58	12	43:46	53	53:54