



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Niehoff, Tanja

Club: Pingpank Running
Number: 362

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:04:04

Speed: 8.48 km/h
Running performance: 7:02 min/km

Rank in course/Total: 465 (of 581)

Rank in course/Women: 58 (of 106)

Best time in course: 2:08:56

Rank in category: 14(of 26)

Best time in the category: 2:19:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	23:09	7:00	17	6:39	76	7:21	3.30	23:09	7:00	17	6:39	76	7:21
Schlüsie	3.10	23:54	7:42	13	5:43	53	7:19	6.40	47:03	7:21	14	12:22	61	14:35
Hermannsklippe	2.60	20:55	8:02	12	4:42	43	6:20	9.00	1:07:58	7:33	12	17:04	56	20:55
Brocken	3.10	34:44	11:12	12	7:34	43	10:35	12.10	1:42:42	8:29	13	24:06	51	31:23
Eiserner Handwe	3.60	22:43	6:18	14	6:44	61	7:31	15.70	2:05:25	7:59	12	30:50	53	38:54
Schlüsie	4.10	22:02	5:22	13	5:36	56	6:56	19.80	2:27:27	7:26	12	36:26	51	45:50
Loddenke	3.10	16:30	5:19	13	3:18	50	4:23	22.90	2:43:57	7:09	12	39:44	51	50:13
Ilseburg/Markt	3.30	20:07	6:05	18	5:16	77	6:07	26.20	3:04:04	7:01	14	45:00	58	55:08