



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kahr, Helle

Club: Kolding
Number: 236

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 3:06:30

Speed: 8.43 km/h
Running performance: 7:07 min/km

Rank in course/Total: 476 (of 581)

Rank in course/Women: 62 (of 106)

Best time in course: 2:08:56

Rank in category: 9(of 19)

Best time in the category: 2:36:21

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	24:33	7:26	19	5:08	89	8:45	3.30	24:33	7:26	19	5:08	89	8:45
Schlüsie	3.10	27:07	8:44	17	6:26	91	10:32	6.40	51:40	8:04	17	10:41	89	19:12
Hermannsklippe	2.60	23:25	9:00	13	5:12	73	8:50	9.00	1:15:05	8:20	18	15:53	89	28:02
Brocken	3.10	34:00	10:58	4	4:47	37	9:51	12.10	1:49:05	9:00	11	18:54	68	37:46
Eiserner Handwe	3.60	19:53	5:31	3	1:25	30	4:41	15.70	2:08:58	8:12	11	19:53	63	42:27
Schlüsie	4.10	19:52	4:50	4	1:56	42	4:46	19.80	2:28:50	7:31	9	21:49	58	47:13
Loddenke	3.10	18:25	5:56	13	4:48	80	6:18	22.90	2:47:15	7:18	9	26:37	62	53:31
Ilseburg/Markt	3.30	19:15	5:50	11	3:32	64	5:15	26.20	3:06:30	7:07	9	30:09	62	57:34