



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Rothkegel, Ilona

Club: Erfurt  
Number: 421

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W70 (70-74 Jahre)

Total time: 3:07:01

Speed: 8.41 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 479 (of 581)

Rank in course/Women: 63 (of 106)

Best time in course: 2:08:56

Rank in category: 1(of 1)

Best time in the category: 3:07:01

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	22:17	6:45	1	-	58	6:29	3.30	22:17	6:45	1	-	58	6:29
Schlüsie	3.10	25:35	8:15	1	-	67	9:00	6.40	47:52	7:28	1	-	65	15:24
Hermannsklippe	2.60	23:09	8:54	1	-	72	8:34	9.00	1:11:01	7:53	1	-	65	23:58
Brocken	3.10	38:32	12:25	1	-	74	14:23	12.10	1:49:33	9:03	1	-	71	38:14
Eiserner Handwe	3.60	21:51	6:04	1	-	49	6:39	15.70	2:11:24	8:22	1	-	68	44:53
Schlüsie	4.10	21:23	5:12	1	-	53	6:17	19.80	2:32:47	7:42	1	-	68	51:10
Loddenke	3.10	16:11	5:13	1	-	46	4:04	22.90	2:48:58	7:22	1	-	65	55:14
Ilseburg/Markt	3.30	18:03	5:28	1	-	45	4:03	26.20	3:07:01	7:08	1	-	63	58:05