



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Knoche, Conny

Club: SV 1916 Beuna
Number: 266

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 3:08:37

Speed: 8.33 km/h
Running performance: 7:12 min/km

Rank in course/Total: 488 (of 581)

Rank in course/Women: 67 (of 106)

Best time in course: 2:08:56

Rank in category: 11(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	22:20	6:46	12	2:55	61	6:32	3.30	22:20	6:46	12	2:55	61	6:32
Schlüsie	3.10	23:58	7:43	9	3:17	54	7:23	6.40	46:18	7:14	8	5:19	54	13:50
Hermannsklippe	2.60	21:51	8:24	8	3:38	54	7:16	9.00	1:08:09	7:34	10	8:57	58	21:06
Brocken	3.10	37:00	11:56	9	7:47	63	12:51	12.10	1:45:09	8:41	9	14:58	60	33:50
Eiserner Handwe	3.60	22:50	6:20	10	4:22	63	7:38	15.70	2:07:59	8:09	9	18:54	61	41:28
Schlüsie	4.10	24:28	5:58	14	6:32	83	9:22	19.80	2:32:27	7:41	12	25:26	66	50:50
Loddenke	3.10	17:26	5:37	10	3:49	67	5:19	22.90	2:49:53	7:25	11	29:15	67	56:09
Ilseburg/Markt	3.30	18:44	5:40	9	3:01	61	4:44	26.20	3:08:37	7:11	11	32:16	67	59:41