



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Morgenstern, Heidemarie

Number: 346

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 3:15:28

Speed: 7.98 km/h  
Running performance: 7:28 min/km

Rank in course/Total: 502 (of 581)

Rank in course/Women: 72 (of 106)

Best time in course: 2:08:56

Rank in category: 8(of 11)

Best time in the category: 2:12:06

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	23:08	7:00	7	5:22	74	7:20	3.30	23:08	7:00	7	5:22	74	7:20
Schlüsie	3.10	25:16	8:09	7	8:02	65	8:41	6.40	48:24	7:33	7	13:24	69	15:56
Hermannsklippe	2.60	23:00	8:50	8	7:43	70	8:25	9.00	1:11:24	7:56	7	21:07	69	24:21
Brocken	3.10	36:51	11:53	7	12:42	61	12:42	12.10	1:48:15	8:56	7	33:49	66	36:56
Eiserner Handwe	3.60	23:39	6:34	7	7:57	71	8:27	15.70	2:11:54	8:24	7	41:46	70	45:23
Schlüsie	4.10	24:27	5:57	8	9:17	82	9:21	19.80	2:36:21	7:53	7	51:03	71	54:44
Loddenke	3.10	18:54	6:05	9	6:16	83	6:47	22.90	2:55:15	7:39	7	57:19	71	1:01:31
Ilseburg/Markt	3.30	20:13	6:07	8	6:03	78	6:13	26.20	3:15:28	7:27	8	1:03:22	72	1:06:32