



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Bethke, Silke**

Club: Cityrunner Berlin  
Number: 62

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:16:01

Speed: 8.02 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 506 (of 581)

Rank in course/Women: 75 (of 106)

Best time in course: 2:08:56

Rank in category: 18(of 26)

Best time in the category: 2:19:04

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	22:34	6:50	14	6:04	64	6:46	3.30	22:34	6:50	14	6:04	64	6:46
Schlüsie	3.10	25:42	8:17	17	7:31	70	9:07	6.40	48:16	7:32	17	13:35	68	15:48
Hermannsklippe	2.60	23:55	9:11	17	7:42	76	9:20	9.00	1:12:11	8:01	17	21:17	73	25:08
Brocken	3.10	40:16	12:59	20	13:06	88	16:07	12.10	1:52:27	9:17	18	33:51	79	41:08
Eiserner Handwe	3.60	24:45	6:52	18	8:46	80	9:33	15.70	2:17:12	8:44	18	42:37	79	50:41
Schlüsie	4.10	23:15	5:40	18	6:49	74	8:09	19.80	2:40:27	8:06	18	49:26	79	58:50
Loddenke	3.10	17:07	5:31	15	3:55	61	5:00	22.90	2:57:34	7:45	18	53:21	77	1:03:50
Ilseburg/Markt	3.30	18:27	5:35	14	3:36	55	4:27	26.20	3:16:01	7:28	18	56:57	75	1:07:05