



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Cordes, Christel

Club: LLG Springe
Number: 98

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:17:22

Speed: 7.96 km/h
Running performance: 7:32 min/km

Rank in course/Total: 514 (of 581)

Rank in course/Women: 79 (of 106)

Best time in course: 2:08:56

Rank in category: 19(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	24:34	7:26	21	8:04	90	8:46	3.30	24:34	7:26	21	8:04	90	8:46
Schlüsie	3.10	26:28	8:32	19	8:17	83	9:53	6.40	51:02	7:58	21	16:21	86	18:34
Hermannsklippe	2.60	24:03	9:15	18	7:50	78	9:28	9.00	1:15:05	8:20	21	24:11	89	28:02
Brocken	3.10	37:29	12:05	16	10:19	67	13:20	12.10	1:52:34	9:18	19	33:58	80	41:15
Eiserner Handwe	3.60	23:33	6:32	15	7:34	70	8:21	15.70	2:16:07	8:40	17	41:32	77	49:36
Schlüsie	4.10	23:36	5:45	19	7:10	75	8:30	19.80	2:39:43	8:03	17	48:42	76	58:06
Loddenke	3.10	18:21	5:55	20	5:09	79	6:14	22.90	2:58:04	7:46	19	53:51	79	1:04:20
Ilseburg/Markt	3.30	19:18	5:50	16	4:27	66	5:18	26.20	3:17:22	7:31	19	58:18	79	1:08:26