



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Otte, Ramona

Club: Tanzsportclub Rieder /Läufer mit Herz
Number: 369

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:17:24

Speed: 7.90 km/h
Running performance: 7:32 min/km

Rank in course/Total: 515 (of 581)

Rank in course/Women: 80 (of 106)

Best time in course: 2:08:56

Rank in category: 8(of 11)

Best time in the category: 2:13:53

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	22:44	6:53	8	6:47	66	6:56	3.30	22:44	6:53	8	6:47	66	6:56
Schlüsie	3.10	25:44	8:18	8	8:09	71	9:09	6.40	48:28	7:34	8	14:56	71	16:00
Hermannsklippe	2.60	22:55	8:48	8	7:30	68	8:20	9.00	1:11:23	7:55	8	22:26	68	24:20
Brocken	3.10	37:52	12:12	8	12:24	69	13:43	12.10	1:49:15	9:01	8	34:50	70	37:56
Eiserner Handwe	3.60	25:36	7:06	10	8:42	87	10:24	15.70	2:14:51	8:35	8	43:32	74	48:20
Schlüsie	4.10	25:33	6:13	11	9:31	90	10:27	19.80	2:40:24	8:06	9	53:03	78	58:47
Loddenke	3.10	17:13	5:33	8	4:41	62	5:06	22.90	2:57:37	7:45	8	57:44	78	1:03:53
Ilseburg/Markt	3.30	19:47	5:59	8	5:47	71	5:47	26.20	3:17:24	7:32	8	1:03:31	80	1:08:28