



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Esser, Claudia

Club: Salzkotten  
Number: 134

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:20:23

Speed: 7.79 km/h  
Running performance: 7:39 min/km

Rank in course/Total: 524 (of 581)

Rank in course/Women: 83 (of 106)

Best time in course: 2:08:56

Rank in category: 20(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	24:23	7:23	20	7:53	86	8:35	3.30	24:23	7:23	20	7:53	86	8:35
Schlüsie	3.10	26:37	8:35	20	8:26	84	10:02	6.40	51:00	7:58	20	16:19	85	18:32
Hermannsklippe	2.60	24:03	9:15	18	7:50	78	9:28	9.00	1:15:03	8:20	20	24:09	87	28:00
Brocken	3.10	40:28	13:03	21	13:18	89	16:19	12.10	1:55:31	9:32	21	36:55	88	44:12
Eiserner Handwe	3.60	24:57	6:55	20	8:58	84	9:45	15.70	2:20:28	8:56	21	45:53	87	53:57
Schlüsie	4.10	22:18	5:26	15	5:52	63	7:12	19.80	2:42:46	8:13	20	51:45	85	1:01:09
Loddenke	3.10	17:24	5:36	16	4:12	63	5:17	22.90	3:00:10	7:52	20	55:57	84	1:06:26
Ilseburg/Markt	3.30	20:13	6:07	19	5:22	78	6:13	26.20	3:20:23	7:38	20	1:01:19	83	1:11:27