



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Jaensch, Friederike

Club: Berlin  
Number: 213

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 2:51:08

Speed: 9.12 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 298 (of 467)

Rank in course/Women: 33 (of 80)

Best time in course: 2:03:14

Rank in category: 4(of 7)

Best time in the category: 2:33:45

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	21:33	6:31	5	3:31	47	6:38	3.30	21:33	6:31	8	3:31	81	6:38
Schlüsie	3.10	22:35	7:17	4	2:13	34	5:52	6.40	44:08	6:53	8	5:44	81	12:30
Hermannsklippe	2.60	19:01	7:18	3	0:51	22	4:17	9.00	1:03:09	7:00	8	6:35	81	16:47
Brocken	3.10	31:21	10:06	4	2:28	25	6:41	12.10	1:34:30	7:48	8	9:03	81	23:28
Eiserner Handwe	3.60	22:24	6:13	5	3:43	54	7:54	15.70	1:56:54	7:26	8	10:11	81	31:22
Schlüsie	4.10	21:32	5:15	6	4:14	49	7:36	19.80	2:18:26	6:59	8	14:25	81	38:58
Loddenke	3.10	16:19	5:15	5	2:22	35	4:55	22.90	2:34:45	6:45	8	16:47	80	43:53
Ilseburg/Markt	3.30	16:23	4:57	3	0:50	21	4:01	26.20	2:51:08	6:31	4	17:23	33	47:54