



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Herbst, Simone

Club: SV Lok Blankenburg 1949 e.V.  
Number: 691

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 49:40

Speed: 10.87 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 40 (of 148)

Rank in course/Women: 8 (of 54)

Best time in course: 42:53

Rank in category: 1(of 5)

Best time in the category: 49:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	24:45	6:02	1	-	7	3:42	4.10	24:45	6:02	1	-	55	3:42
Loddenke	2.20	10:16	4:40	1	-	10	1:52	6.30	35:01	5:33	1	-	55	5:34
Ilseburg/Markt	3.30	14:39	4:26	1	-	7	1:13	9.60	49:40	5:10	1	-	8	6:47