



50. Brockenlauf Ilseburg / 04.09.2021

Detailed evaluation

Von Heine, Denise

Club: Hamburg

Number: 479

Course: 26.20 km

26,2 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:52:16

Speed: 6.77 km/h

Running performance: 8:52 min/km

Rank in course/Total: 460 (of 467)

Rank in course/Women: 78 (of 80)

Best time in course: 2:03:14

Rank in category: 8(of 8)

Best time in the category: 2:26:04

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	28:13	8:33	8	9:57	79	13:18	3.30	28:13	8:33	9	9:57	81	13:18
Schlüsle	3.10	29:19	9:27	8	9:54	79	12:36	6.40	57:32	8:59	9	19:51	81	25:54
Hermannsklippe	2.60	26:11	10:04	8	9:00	78	11:27	9.00	1:23:43	9:18	9	28:51	81	37:21
Brocken	3.10	48:00	15:29	8	20:41	80	23:20	12.10	2:11:43	10:53	9	49:32	81	1:00:41
Eiserner Handweg	3.60	27:33	7:39	8	10:13	75	13:03	15.70	2:39:16	10:08	9	59:45	81	1:13:44
Schlüsle	4.10	26:47	6:31	7	9:28	75	12:51	19.80	3:06:03	9:23	9	1:09:13	81	1:26:35
Loddenke	3.10	21:33	6:57	8	7:29	75	10:09	22.90	3:27:36	9:03	9	1:16:42	80	1:36:44
Ilseburg/Markt	3.30	24:40	7:28	8	9:30	75	12:18	26.20	3:52:16	8:51	8	1:26:12	78	1:49:02