



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Zeitz, Jana

Club: LT-Lieth Paderborn
Number: 248

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:32:23

Speed: 10.24 km/h
Running performance: 5:49 min/km

Rank in course/Total: 135 (of 418)

Rank in course/Women: 14 (of 82)

Best time in course: 2:03:06

Rank in category: 2(of 15)

Best time in the category: 2:23:24

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	17:53	5:25	2	1:13	11	3:00	3.30	17:53	5:25	2	1:13	11	3:00
Schlüsie	3.10	20:19	6:33	3	1:27	13	4:00	6.40	38:12	5:58	2	2:40	11	7:00
Hermannsklippe	2.60	18:43	7:11	3	1:56	17	4:18	9.00	56:55	6:19	2	4:36	13	11:18
Brocken	3.10	32:20	10:25	7	4:54	27	9:30	12.10	1:29:15	7:22	4	9:30	17	20:48
Eiserner Handwe	3.60	16:34	4:36	1	-	8	1:31	15.70	1:45:49	6:44	2	8:07	14	22:19
Schlüsie	4.10	16:30	4:01	1	-	11	2:34	19.80	2:02:19	6:10	2	7:15	13	23:58
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	30:04	9:06	14	15:26	77	17:00	26.20	2:32:23	5:48	2	8:59	14	29:17