



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Quenzel, Constanze

Club: Merseburg
Number: 320

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:36:40

Speed: 9.96 km/h
Running performance: 5:59 min/km

Rank in course/Total: 166 (of 418)

Rank in course/Women: 16 (of 82)

Best time in course: 2:03:06

Rank in category: 3(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	19:54	6:01	4	3:14	22	5:01	3.30	19:54	6:01	4	3:14	22	5:01
Schlüsie	3.10	19:57	6:26	2	1:05	12	3:38	6.40	39:51	6:13	3	4:19	16	8:39
Hermannsklippe	2.60	17:40	6:47	2	0:53	12	3:15	9.00	57:31	6:23	3	5:12	14	11:54
Brocken	3.10	30:33	9:51	4	3:07	20	7:43	12.10	1:28:04	7:16	2	8:19	15	19:37
Eiserner Handwe	3.60	19:46	5:29	5	3:12	25	4:43	15.70	1:47:50	6:52	3	10:08	15	24:20
Schlüsie	4.10	19:35	4:46	6	3:05	34	5:39	19.80	2:07:25	6:26	5	12:21	19	29:04
Loddenke	3.10	13:57	4:30	2	0:15	9	2:13	22.90	2:21:22	6:10	3	12:36	12	28:19
Ilseburg/Markt	3.30	15:18	4:38	2	0:40	9	2:14	26.20	2:36:40	5:58	3	13:16	16	33:34