



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Heidenbluth, Anja

Club: KSV Baunatal
Number: 158

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 2:38:40

Speed: 9.91 km/h
Running performance: 6:04 min/km

Rank in course/Total: 178 (of 418)

Rank in course/Women: 19 (of 82)

Best time in course: 2:03:06

Rank in category: 1(of 8)

Best time in the category: 2:38:40

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	21:26	6:29	3	2:14	40	6:33	3.30	21:26	6:29	3	2:14	40	6:33
Schlüsie	3.10	21:57	7:04	2	0:37	28	5:38	6.40	43:23	6:46	2	2:51	32	12:11
Hermannsklippe	2.60	18:18	7:02	1	-	13	3:53	9.00	1:01:41	6:51	2	0:46	28	16:04
Brocken	3.10	28:26	9:10	1	-	10	5:36	12.10	1:30:07	7:26	1	-	18	21:40
Eiserner Handwe	3.60	19:07	5:18	1	-	20	4:04	15.70	1:49:14	6:57	1	-	20	25:44
Schlüsie	4.10	18:23	4:29	1	-	22	4:27	19.80	2:07:37	6:26	1	-	21	29:16
Loddenke	3.10	14:54	4:48	1	-	16	3:10	22.90	2:22:31	6:13	1	-	15	29:28
Ilseburg/Markt	3.30	16:09	4:53	1	-	13	3:05	26.20	2:38:40	6:03	1	-	19	35:34