



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Helde, Laura

Club: Team bevegt.de
Number: 166

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:55:41

Speed: 8.88 km/h
Running performance: 6:43 min/km

Rank in course/Total: 290 (of 418)

Rank in course/Women: 39 (of 82)

Best time in course: 2:03:06

Rank in category: 7(of 10)

Best time in the category: 2:03:06

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	23:11	7:01	8	8:18	63	8:18	3.30	23:11	7:01	8	8:18	63	8:18
Schlüsie	3.10	24:04	7:45	6	7:45	49	7:45	6.40	47:15	7:22	8	16:03	55	16:03
Hermannsklippe	2.60	20:48	8:00	7	6:23	39	6:23	9.00	1:08:03	7:33	7	22:26	51	22:26
Brocken	3.10	32:57	10:37	6	10:07	32	10:07	12.10	1:41:00	8:20	7	32:33	38	32:33
Eiserner Handwe	3.60	19:55	5:31	5	4:52	29	4:52	15.70	2:00:55	7:42	7	37:25	38	37:25
Schlüsie	4.10	20:06	4:54	7	5:15	41	6:10	19.80	2:21:01	7:07	7	42:40	39	42:40
Loddenke	3.10	16:24	5:17	6	2:56	34	4:40	22.90	2:37:25	6:52	6	26:35	32	44:22
Ilseburg/Markt	3.30	18:16	5:32	7	3:48	36	5:12	26.20	2:55:41	6:42	7	52:35	39	52:35