



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Löhe-Husemann, Kirsten

Club: LT-Lieth Paderborn  
Number: 255

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 3:00:21

Speed: 8.65 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 312 (of 418)

Rank in course/Women: 45 (of 82)

Best time in course: 2:03:06

Rank in category: 3(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     | 20:12      | 6:07         | 2           | 1:00        | 25        | 5:19         | 3.30          | 20:12      | 6:07         | 2        | 1:00        | 25        | 5:19         |
| Schlüsie           | 3.10     | 23:25      | 7:33         | 3           | 2:05        | 38        | 7:06         | 6.40          | 43:37      | 6:48         | 3        | 3:05        | 34        | 12:25        |
| Hermannsklippe     | 2.60     | 22:13      | 8:32         | 4           | 3:55        | 51        | 7:48         | 9.00          | 1:05:50    | 7:18         | 3        | 4:55        | 37        | 20:13        |
| Brocken            | 3.10     | 38:03      | 12:16        | 4           | 9:37        | 59        | 15:13        | 12.10         | 1:43:53    | 8:35         | 4        | 13:46       | 49        | 35:26        |
| Eiserner Handwe    | 3.60     | 20:40      | 5:44         | 4           | 1:33        | 42        | 5:37         | 15.70         | 2:04:33    | 7:55         | 3        | 15:19       | 44        | 41:03        |
| Schlüsie           | 4.10     | 20:18      | 4:57         | 5           | 1:55        | 45        | 6:22         | 19.80         | 2:24:51    | 7:18         | 3        | 17:14       | 44        | 46:30        |
| Loddenke           | 3.10     | 16:35      | 5:20         | 3           | 1:41        | 37        | 4:51         | 22.90         | 2:41:26    | 7:02         | 2        | 18:55       | 37        | 48:23        |
| Ilseburg/Markt     | 3.30     | 18:55      | 5:43         | 5           | 2:46        | 43        | 5:51         | 26.20         | 3:00:21    | 6:53         | 3        | 21:41       | 45        | 57:15        |