



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Ehrenfeld, Doreen

Club: Seeburg
Number: 112

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:22:31

Speed: 7.70 km/h
Running performance: 7:44 min/km

Rank in course/Total: 384 (of 418)

Rank in course/Women: 69 (of 82)

Best time in course: 2:03:06

Rank in category: 12(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	23:16	7:03	13	6:36	65	8:23	3.30	23:16	7:03	13	6:36	65	8:23
Schlüsie	3.10	26:57	8:41	13	8:05	68	10:38	6.40	50:13	7:50	13	14:41	70	19:01
Hermannsklippe	2.60	24:17	9:20	12	7:30	64	9:52	9.00	1:14:30	8:16	12	22:11	65	28:53
Brocken	3.10	41:22	13:20	14	13:56	72	18:32	12.10	1:55:52	9:34	14	36:07	71	47:25
Eiserner Handweg	3.60	25:30	7:04	13	8:56	70	10:27	15.70	2:21:22	9:00	13	43:40	71	57:52
Schlüsie	4.10	22:39	5:31	11	6:09	61	8:43	19.80	2:44:01	8:17	12	48:57	69	1:05:40
Loddenke	3.10	18:08	5:50	9	4:26	54	6:24	22.90	3:02:09	7:57	10	53:23	61	1:09:06
Ilseburg/Markt	3.30	20:22	6:10	8	5:44	55	7:18	26.20	3:22:31	7:43	12	59:07	69	1:19:25