



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Nehrig, Anja

Club: Eisenacher LV  
Number: 285

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:43:43

Speed: 6.97 km/h  
Running performance: 8:32 min/km

Rank in course/Total: 405 (of 418)

Rank in course/Women: 76 (of 82)

Best time in course: 2:03:06

Rank in category: 15(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	25:03	7:35	15	8:23	77	10:10	3.30	25:03	7:35	15	8:23	77	10:10
Schlüsie	3.10	29:11	9:24	15	10:19	76	12:52	6.40	54:14	8:28	15	18:42	77	23:02
Hermannsklippe	2.60	25:23	9:45	14	8:36	72	10:58	9.00	1:19:37	8:50	15	27:18	75	34:00
Brocken	3.10	44:13	14:15	15	16:47	77	21:23	12.10	2:03:50	10:14	15	44:05	75	55:23
Eiserner Handwe	3.60	29:32	8:12	15	12:58	80	14:29	15.70	2:33:22	9:46	15	55:40	76	1:09:52
Schlüsie	4.10	26:18	6:24	15	9:48	75	12:22	19.80	2:59:40	9:04	15	1:04:36	76	1:21:19
Loddenke	3.10	21:42	7:00	13	8:00	69	9:58	22.90	3:21:22	8:47	13	1:12:36	68	1:28:19
Ilseburg/Markt	3.30	22:21	6:46	11	7:43	64	9:17	26.20	3:43:43	8:32	15	1:20:19	76	1:40:37