



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Preußner, Gisela

Club: lustvolllaufenlernen
Number: 311

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 3:49:17

Speed: 6.80 km/h
Running performance: 8:45 min/km

Rank in course/Total: 406 (of 418)

Rank in course/Women: 77 (of 82)

Best time in course: 2:03:06

Rank in category: 1(of 1)

Best time in the category: 3:49:17

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	24:00	7:16	1	-	73	9:07	3.30	24:00	7:16	1	-	73	9:07
Schlüsie	3.10	29:34	9:32	1	-	79	13:15	6.40	53:34	8:22	1	-	75	22:22
Hermannsklippe	2.60	27:49	10:41	1	-	81	13:24	9.00	1:21:23	9:02	1	-	78	35:46
Brocken	3.10	48:39	15:41	1	-	80	25:49	12.10	2:10:02	10:44	1	-	80	1:01:35
Eiserner Handwe	3.60	26:52	7:27	1	-	73	11:49	15.70	2:36:54	9:59	1	-	80	1:13:24
Schlüsie	4.10	28:57	7:03	1	-	79	15:01	19.80	3:05:51	9:23	1	-	80	1:27:30
Loddenke	3.10	21:21	6:53	1	-	68	9:37	22.90	3:27:12	9:02	1	-	70	1:34:09
Ilseburg/Markt	3.30	22:05	6:41	1	-	63	9:01	26.20	3:49:17	8:45	1	-	77	1:46:11