



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Seel, Jana

Club: Volkswagen R Trailrunning
Number: 557

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:07:04

Speed: 12.28 km/h
Running performance: 4:51 min/km

Rank in course/Total: 35 (of 537)

Rank in course/Women: 4 (of 97)

Best time in course: 2:02:52

Rank in category: 2(of 10)

Best time in the category: 2:03:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	15:36	4:43	2	0:37	5	0:37	3.30	15:36	4:43	2	0:37	5	0:37
Schlüsie	3.10	17:33	5:39	2	0:38	5	0:49	6.40	33:09	5:10	2	1:15	5	1:15
Hermannsklippe	2.60	15:36	6:00	2	0:43	5	1:10	9.00	48:45	5:25	2	1:58	5	2:00
Brocken	3.10	25:06	8:05	2	0:41	5	2:25	12.10	1:13:51	6:06	2	2:39	5	4:25
Eiserner Handwe	3.60	14:22	3:59	2	0:01	2	0:01	15.70	1:28:13	5:37	2	2:40	5	3:49
Schlüsie	4.10	13:33	3:18	2	0:03	2	0:03	19.80	1:41:46	5:08	2	2:43	4	2:45
Loddenke	3.10	11:45	3:47	2	0:10	4	0:29	22.90	1:53:31	4:57	2	2:53	4	3:14
Ilseburg/Markt	3.30	13:33	4:06	3	0:31	5	0:58	26.20	2:07:04	4:50	2	3:21	4	4:12