



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Jaensch, Friederike

Club: Berlin  
Number: 193

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 2:41:27

Speed: 9.66 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 222 (of 537)

Rank in course/Women: 20 (of 97)

Best time in course: 2:02:52

Rank in category: 7(of 15)

Best time in the category: 2:02:52

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	19:14	5:49	6	3:39	21	4:15	3.30	19:14	5:49	6	3:39	21	4:15
Schlüsie	3.10	21:06	6:48	7	4:22	22	4:22	6.40	40:20	6:18	7	8:01	21	8:26
Hermannsklippe	2.60	18:25	7:05	5	3:59	20	3:59	9.00	58:45	6:31	6	12:00	21	12:00
Brocken	3.10	31:33	10:10	5	8:52	20	8:52	12.10	1:30:18	7:27	6	20:52	19	20:52
Eiserner Handwe	3.60	19:28	5:24	7	4:30	29	5:07	15.70	1:49:46	6:59	7	25:22	20	25:22
Schlüsie	4.10	18:20	4:28	6	3:43	23	4:50	19.80	2:08:06	6:28	7	29:05	20	29:05
Loddenke	3.10	15:35	5:01	6	4:19	38	4:19	22.90	2:23:41	6:16	7	33:24	20	33:24
Ilseburg/Markt	3.30	17:46	5:23	8	5:11	49	5:11	26.20	2:41:27	6:09	7	38:35	20	38:35