



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Zeitz, Jana

Club: LT-Lieth Paderborn
Number: 480

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:42:12

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 238 (of 537)

Rank in course/Women: 24 (of 97)

Best time in course: 2:02:52

Rank in category: 3(of 16)

Best time in the category: 2:29:41

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	18:25	5:34	2	1:31	13	3:26	3.30	18:25	5:34	2	1:31	13	3:26
Schlüsie	3.10	21:58	7:05	4	2:15	30	5:14	6.40	40:23	6:18	3	3:46	22	8:29
Hermannsklippe	2.60	20:28	7:52	3	2:48	37	6:02	9.00	1:00:51	6:45	3	6:34	24	14:06
Brocken	3.10	34:51	11:14	6	6:35	50	12:10	12.10	1:35:42	7:54	4	13:09	29	26:16
Eiserner Handwe	3.60	17:40	4:54	1	-	11	3:19	15.70	1:53:22	7:13	3	12:10	26	28:58
Schlüsie	4.10	18:02	4:23	2	0:01	16	4:32	19.80	2:11:24	6:38	3	12:03	23	32:23
Loddenke	3.10	14:28	4:40	3	0:34	18	3:12	22.90	2:25:52	6:22	3	12:08	23	35:35
Ilseburg/Markt	3.30	16:20	4:56	3	1:08	21	3:45	26.20	2:42:12	6:11	3	12:31	24	39:20