



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Wienstroer, Antje

Club: Bokensdorf
Number: 467

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 2:48:00

Speed: 9.29 km/h
Running performance: 6:25 min/km

Rank in course/Total: 287 (of 537)

Rank in course/Women: 33 (of 97)

Best time in course: 2:02:52

Rank in category: 2(of 17)

Best time in the category: 2:41:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Loddenke	3.30	21:17	6:26	5	1:52	45	6:18	3.30	21:17	6:26	5	1:52	45	6:18	
Schlüsie	3.10	22:41	7:19	4	1:24	38	5:57	6.40	43:58	6:52	5	3:00	43	12:04	
Hermannsklippe	2.60	20:19	7:48	4	1:26	33	5:53	9.00	1:04:17	7:08	4	3:52	38	17:32	
Brocken	3.10	33:24	10:46	4	2:54	36	10:43	12.10	1:37:41	8:04	5	5:11	38	28:15	
Eiserner Handwe	3.60	20:21	5:39	5	0:37	43	6:00	15.70	1:58:02	7:31	5	5:40	39	33:38	
Schlüsie	4.10	18:33	4:31	1	-	26	5:03	19.80	2:16:35	6:53	4	5:15	37	37:34	
Loddenke	3.10	14:54	4:48	2	0:41	23	3:38	22.90	2:31:29	6:36	3	5:56	35	41:12	
Ilseburg/Markt	3.30	16:31	5:00	2	0:10	27	3:56	26.20	2:48:00	6:24	2	6:06	33	45:08	