



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Kirstein, Janine

Club: Bremen  
Number: 211

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:53:39

Speed: 9.05 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 345 (of 537)

Rank in course/Women: 46 (of 97)

Best time in course: 2:02:52

Rank in category: 5(of 16)

Best time in the category: 2:29:41

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	20:23	6:10	6	3:29	34	5:24	3.30	20:23	6:10	6	3:29	34	5:24
Schlüsie	3.10	23:01	7:25	5	3:18	44	6:17	6.40	43:24	6:46	5	6:47	36	11:30
Hermannsklippe	2.60	21:22	8:13	5	3:42	53	6:56	9.00	1:04:46	7:11	5	10:29	43	18:01
Brocken	3.10	34:42	11:11	4	6:26	48	12:01	12.10	1:39:28	8:13	5	16:55	46	30:02
Eiserner Handwe	3.60	20:35	5:43	6	2:55	44	6:14	15.70	2:00:03	7:38	5	18:51	46	35:39
Schlüsie	4.10	20:44	5:03	6	2:43	60	7:14	19.80	2:20:47	7:06	5	21:26	47	41:46
Loddenke	3.10	16:08	5:12	6	2:14	53	4:52	22.90	2:36:55	6:51	5	23:11	49	46:38
Ilseburg/Markt	3.30	16:44	5:04	5	1:32	31	4:09	26.20	2:53:39	6:37	5	23:58	46	50:47