



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Benzler de Rodriguez, Natalja

Club: Hannover
Number: 55

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 3:03:35

Speed: 8.50 km/h
Running performance: 7:01 min/km

Rank in course/Total: 423 (of 537)

Rank in course/Women: 63 (of 97)

Best time in course: 2:02:52

Rank in category: 8(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	21:26	6:29	8	6:27	48	6:27	3.30	21:26	6:29	8	6:27	48	6:27
Schlüsie	3.10	22:46	7:20	8	5:51	40	6:02	6.40	44:12	6:54	8	12:18	47	12:18
Hermannsklippe	2.60	21:42	8:20	8	6:49	58	7:16	9.00	1:05:54	7:19	8	19:07	53	19:09
Brocken	3.10	36:22	11:43	8	11:57	59	13:41	12.10	1:42:16	8:27	8	31:04	53	32:50
Eiserner Handwe	3.60	21:24	5:56	8	7:03	54	7:03	15.70	2:03:40	7:52	8	38:07	56	39:16
Schlüsie	4.10	21:19	5:11	8	7:49	69	7:49	19.80	2:24:59	7:19	8	45:56	55	45:58
Loddenke	3.10	18:34	5:59	9	6:59	80	7:18	22.90	2:43:33	7:08	8	52:55	59	53:16
Ilseburg/Markt	3.30	20:02	6:04	9	7:00	72	7:27	26.20	3:03:35	7:00	8	59:52	63	1:00:43