



# 52. Brockenlauf

Ilseburg / 02.09.2023

## Detailed evaluation

**Glodek, Viola**

Club: Berlin  
Number: 143

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 3:16:17

Speed: 7.95 km/h  
Running performance: 7:29 min/km

Rank in course/Total: 473 (of 537)

Rank in course/Women: 76 (of 97)

Best time in course: 2:02:52

Rank in category: 12(of 12)

Best time in the category: 2:13:55

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	22:12	6:43	10	5:40	65	7:13	3.30	22:12	6:43	10	5:40	65	7:13
Schlüsie	3.10	26:23	8:30	12	7:48	83	9:39	6.40	48:35	7:35	11	13:28	74	16:41
Hermannsklippe	2.60	24:44	9:30	12	8:35	87	10:18	9.00	1:13:19	8:08	12	22:03	78	26:34
Brocken	3.10	42:13	13:37	12	16:23	91	19:32	12.10	1:55:32	9:32	12	38:26	88	46:06
Eiserner Handwe	3.60	23:08	6:25	12	7:18	73	8:47	15.70	2:18:40	8:49	12	45:44	87	54:16
Schlüsie	4.10	21:52	5:20	12	7:08	73	8:22	19.80	2:40:32	8:06	12	52:52	84	1:01:31
Loddenke	3.10	16:40	5:22	12	4:26	63	5:24	22.90	2:57:12	7:44	12	57:18	81	1:06:55
Ilseburg/Markt	3.30	19:05	5:46	12	5:04	63	6:30	26.20	3:16:17	7:29	12	1:02:22	76	1:13:25