



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Gräf, Silvia

Club: Team Erdinger Alkoholfrei
Number: 165

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 3:11:12

Speed: 8.22 km/h
Running performance: 7:18 min/km

Rank in course/Total: 404 (of 467)

Rank in course/Women: 60 (of 80)

Best time in course: 2:03:14

Rank in category: 10 (of 14)

Best time in the category: 2:24:33

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 | 22:28 | 6:48 | 11 | 3:29 | 61 | 7:33 | 3.30 | 22:28 | 6:48 | 11 | 3:29 | 61 | 7:33 |
| Schlüsie | 3.10 | 24:18 | 7:50 | 8 | 4:57 | 51 | 7:35 | 6.40 | 46:46 | 7:18 | 9 | 8:26 | 54 | 15:08 |
| Hermannsklippe | 2.60 | 24:25 | 9:23 | 13 | 7:59 | 71 | 9:41 | 9.00 | 1:11:11 | 7:54 | 10 | 16:25 | 59 | 24:49 |
| Brocken | 3.10 | 37:49 | 12:11 | 10 | 11:20 | 63 | 13:09 | 12.10 | 1:49:00 | 9:00 | 10 | 27:45 | 61 | 37:58 |
| Eiserner Handwe | 3.60 | 23:52 | 6:37 | 11 | 6:21 | 59 | 9:22 | 15.70 | 2:12:52 | 8:27 | 10 | 34:06 | 64 | 47:20 |
| Schlüsie | 4.10 | 22:27 | 5:28 | 10 | 5:22 | 57 | 8:31 | 19.80 | 2:35:19 | 7:50 | 10 | 39:28 | 61 | 55:51 |
| Loddenke | 3.10 | 17:05 | 5:30 | 6 | 3:24 | 44 | 5:41 | 22.90 | 2:52:24 | 7:31 | 9 | 42:52 | 59 | 1:01:32 |
| Ilseburg/Markt | 3.30 | 18:48 | 5:41 | 7 | 3:47 | 47 | 6:26 | 26.20 | 3:11:12 | 7:17 | 10 | 46:39 | 60 | 1:07:58 |