



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg e.V.  
Number: 308

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:50:14

Speed: 9.16 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 329 (of 492)

Rank in course/Women: 27 (of 77)

Best time in course: 2:05:45

Rank in category: 7(of 26)

Best time in the category: 2:31:46

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	19:42	5:58	3	1:22	18	4:49	3.30	19:42	5:58	20		59	
Schlüsie	3.10	22:35	7:17	8	2:56	32	5:38	6.40	42:17	6:36	20		59	
Hermannsklippe	2.60	20:41	7:57	10	2:58	33	5:32	9.00	1:02:58	6:59	20		59	
Brocken	3.10	33:54	10:56	10	4:50	34	9:40	12.10	1:36:52	8:00	20		59	
Eiserner Handwe	3.60	20:08	5:35	9	2:43	28	5:23	15.70	1:57:00	7:27	20		59	
Schlüsie	4.10	20:09	4:54	13	3:25	40	5:50	19.80	2:17:09	6:55	20		59	
Loddenke	3.10	15:49	5:06	9	2:01	31	3:36	22.90	2:32:58	6:40	20		59	
Ilseburg/Markt	3.30	17:16	5:13	8	2:23	28	4:01	26.20	2:50:14	6:29	8	18:28	29	44:29