



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Jaeger, Sabrina

Club: Maschsee-Sharks Hannover  
Number: 85

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 2:17:59

Speed: 11.31 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 61 (of 529)

Rank in course/Women: 5 (of 82)

Best time in course: 2:09:50

Rank in category: 1(of 8)

Best time in the category: 2:17:59

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	16:53	5:06	1	-	4	1:35	3.30	16:53	5:06	1	-	4	1:35
Schlüsie	3.10	18:51	6:04	1	-	3	0:44	6.40	35:44	5:34	1	-	3	2:12
Hermannsklippe	2.60	15:58	6:08	1	-	2	0:15	9.00	51:42	5:44	1	-	3	2:27
Brocken	3.10	27:07	8:44	1	-	4	1:40	12.10	1:18:49	6:30	1	-	4	4:07
Eiserner Handwe	3.60	15:08	4:12	1	-	3	1:06	15.70	1:33:57	5:59	1	-	4	3:41
Schlüsie	4.10	15:03	3:40	1	-	4	1:46	19.80	1:49:00	5:30	1	-	4	4:33
Loddenke	3.10	13:19	4:17	1	-	5	1:35	22.90	2:02:19	5:20	1	-	4	6:08
Ilseburg/Markt	3.30	15:40	4:44	3	0:11	10	2:01	26.20	2:17:59	5:15	1	-	5	8:09