



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Kruppen-Müller, Sabine

Club: LAV 07 Bad Harzburg  
Number: 167

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:40:47

Speed: 9.70 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 252 (of 529)

Rank in course/Women: 23 (of 82)

Best time in course: 2:09:50

Rank in category: 6(of 16)

Best time in the category: 2:27:30

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	19:14	5:49	4	1:21	18	3:56	3.30	19:14	5:49	4	1:21	18	3:56
Schlüsie	3.10	22:26	7:14	5	1:31	23	4:19	6.40	41:40	6:30	5	2:47	19	8:08
Hermannsklippe	2.60	19:19	7:25	5	2:02	25	3:36	9.00	1:00:59	6:46	5	4:23	21	11:44
Brocken	3.10	32:26	10:27	6	5:10	26	6:59	12.10	1:33:25	7:43	5	9:33	21	18:43
Eiserner Handwe	3.60	19:22	5:22	7	2:44	29	5:20	15.70	1:52:47	7:11	6	11:42	23	22:31
Schlüsie	4.10	17:52	4:21	3	2:06	16	4:35	19.80	2:10:39	6:35	6	12:33	24	26:12
Loddenke	3.10	14:18	4:36	3	0:46	13	2:34	22.90	2:24:57	6:19	6	13:13	24	28:46
Ilseburg/Markt	3.30	15:50	4:47	4	0:29	13	2:11	26.20	2:40:47	6:08	6	13:17	23	30:57