



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

APOU-FRÜHAUF, Sandra

Club: München
Number: 341

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:18:35

Speed: 7.86 km/h
Running performance: 7:35 min/km

Rank in course/Total: 465 (of 500)

Rank in course/Women: 65 (of 77)

Best time in course: 1:57:27

Rank in category: 14(of 16)

Best time in the category: 2:13:24

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	21:53	6:37	12	6:13	55	7:12	3.30	21:53	6:37	12	6:13	55	7:12
Schlüsie	3.10	26:16	8:28	14	8:30	64	10:07	6.40	48:09	7:31	13	14:43	61	17:19
Hermannsklippe	2.60	24:12	9:18	14	8:21	64	9:45	9.00	1:12:21	8:02	14	23:04	62	27:04
Brocken	3.10	39:39	12:47	15	14:03	67	17:22	12.10	1:52:00	9:15	14	37:07	64	44:26
Eiserner Handwe	3.60	23:56	6:38	14	7:38	68	10:48	15.70	2:15:56	8:39	14	44:45	64	55:14
Schlüsie	4.10	24:03	5:51	15	8:31	68	10:55	19.80	2:39:59	8:04	14	53:16	65	1:06:09
Loddenke	3.10	18:23	5:55	14	5:38	62	6:58	22.90	2:58:22	7:47	14	58:54	65	1:13:07
Ilseburg/Markt	3.30	20:13	6:07	15	6:17	69	19:58	26.20	3:18:35	7:34	14	1:05:11	66	3:18:20