



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

GRAMBART, Sandra

Club: Oldenburg
Number: 48

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:33:57

Speed: 7.29 km/h
Running performance: 8:10 min/km

Rank in course/Total: 483 (of 500)

Rank in course/Women: 70 (of 77)

Best time in course: 1:57:27

Rank in category: 16(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	23:51	7:13	16	8:11	66	9:10	3.30	23:51	7:13	16	8:11	66	9:10
Schlüsie	3.10	27:52	8:59	16	10:06	70	11:43	6.40	51:43	8:04	16	18:17	69	20:53
Hermannsklippe	2.60	25:19	9:44	15	9:28	68	10:52	9.00	1:17:02	8:33	16	27:45	70	31:45
Brocken	3.10	39:35	12:46	14	13:59	66	17:18	12.10	1:56:37	9:38	16	41:44	70	49:03
Eiserner Handwe	3.60	26:38	7:23	16	10:20	73	13:30	15.70	2:23:15	9:07	16	52:04	71	1:02:33
Schlüsie	4.10	26:54	6:33	16	11:22	72	13:46	19.80	2:50:09	8:35	16	1:03:26	71	1:16:19
Loddenke	3.10	20:24	6:34	16	7:39	70	8:59	22.90	3:10:33	8:19	16	1:11:05	70	1:25:18
Ilseburg/Markt	3.30	23:24	7:05	16	9:28	73	23:09	26.20	3:33:57	8:09	16	1:20:33	71	3:33:42