



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Möller, Sabine

Club: TSC Wellingsbüttel
Number: 248

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 3:22:41

Speed: 7.70 km/h
Running performance: 7:44 min/km

Rank in course/Total: 463 (of 506)

Rank in course/Women: 78 (of 90)

Best time in course: 2:00:04

Rank in category: 6(of 6)

Best time in the category: 2:42:54

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	23:55	7:14	5	4:21	77	9:14	3.30	23:55	7:14	5	4:21	77	9:14
Bremer Hütte	2.40	20:10	8:24	4	2:26	59	7:09	5.70	44:05	7:44	5	6:47	66	16:23
Hermannsklippe	3.30	27:31	8:20	4	4:23	59	9:25	9.00	1:11:36	7:57	5	11:10	67	25:48
Brocken	3.10	36:26	11:45	3	6:41	60	12:59	12.10	1:48:02	8:55	4	17:51	64	38:33
Eiserner Handwe	3.60	24:06	6:41	6	4:31	76	10:45	15.70	2:12:08	8:24	5	22:15	66	49:18
Bremer Hütte	4.10	30:18	7:23	6	7:30	81	13:52	19.80	2:42:26	8:12	5	29:45	73	1:03:10
Loddenke	3.10	17:41	5:42	6	5:17	87	9:03	22.90	3:00:07	7:51	5	35:02	74	1:12:13
Ilseburg/Markt	3.30	22:34	6:50	6	5:04	82	10:24	26.20	3:22:41	7:44	6	39:47	78	1:22:37