



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Grambart, Sandra

Club: Bad Zwischenahn
Number: 146

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:23:56

Speed: 7.71 km/h
Running performance: 7:47 min/km

Rank in course/Total: 466 (of 506)

Rank in course/Women: 79 (of 90)

Best time in course: 2:00:04

Rank in category: 14(of 15)

Best time in the category: 2:11:37

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	23:46	7:12	13	8:00	71	9:05	3.30	23:46	7:12	13	8:00	71	9:05
Bremer Hütte	2.40	21:39	9:01	13	7:27	71	8:38	5.70	45:25	7:58	13	15:27	74	17:43
Hermannsklippe	3.30	29:19	8:53	14	10:14	82	11:13	9.00	1:14:44	8:18	14	25:41	80	28:56
Brocken	3.10	38:12	12:19	14	13:30	74	14:45	12.10	1:52:56	9:20	14	39:11	78	43:27
Eiserner Handwe	3.60	26:33	7:22	14	10:43	83	13:12	15.70	2:19:29	8:53	14	49:54	78	56:39
Bremer Hütte	4.10	28:00	6:49	12	9:42	76	11:34	19.80	2:47:29	8:27	14	59:36	80	1:08:13
Loddenke	3.10	15:29	4:59	14	6:01	75	6:51	22.90	3:02:58	7:59	14	1:05:37	79	1:15:04
Ilseburg/Markt	3.30	20:58	6:21	14	6:42	72	8:48	26.20	3:23:56	7:47	14	1:12:19	79	1:23:52