



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Gemm, Sarah

Number: 163

Course: 26.20 km  
26,2 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 3:26:36

Speed: 7.55 km/h

Running performance: 7:53 min/km

Rank in course/Total: 538 (of 581)

Rank in course/Women: 90 (of 106)

Best time in course: 2:08:56

Rank in category: 13(of 14)

Best time in the category: 2:20:22

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	24:41	7:28	14	8:53	95	8:53	3.30	24:41	7:28	14	8:53	95	8:53
Schlüsie	3.10	28:59	9:20	13	10:27	99	12:24	6.40	53:40	8:23	13	19:20	97	21:12
Hermannsklippe	2.60	27:12	10:27	13	10:46	101	12:37	9.00	1:20:52	8:59	14	30:06	100	33:49
Brocken	3.10	39:42	12:48	12	11:17	84	15:33	12.10	2:00:34	9:57	14	41:23	98	49:15
Eiserner Handwe	3.60	22:32	6:15	10	6:38	58	7:20	15.70	2:23:06	9:06	13	48:01	93	56:35
Schlüsie	4.10	22:48	5:33	10	6:25	70	7:42	19.80	2:45:54	8:22	12	54:26	87	1:04:17
Loddenke	3.10	18:54	6:05	12	5:26	83	6:47	22.90	3:04:48	8:04	13	59:52	88	1:11:04
Ilseburg/Markt	3.30	21:48	6:36	12	6:27	88	7:48	26.20	3:26:36	7:53	13	1:06:14	90	1:17:40