



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Grimm, Sandra

Club: SV Brenkhausen/Bosseborn
Number: 177

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:19:04

Speed: 11.22 km/h
Running performance: 5:19 min/km

Rank in course/Total: 104 (of 581)

Rank in course/Women: 4 (of 106)

Best time in course: 2:08:56

Rank in category: 1(of 26)

Best time in the category: 2:19:04

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	16:30	5:00	1	-	4	0:42	3.30	16:30	5:00	1	-	4	0:42
Schlüsie	3.10	18:11	5:51	1	-	4	1:36	6.40	34:41	5:25	1	-	4	2:13
Hermannsklippe	2.60	16:13	6:14	1	-	4	1:38	9.00	50:54	5:39	1	-	5	3:51
Brocken	3.10	27:42	8:56	2	0:32	5	3:33	12.10	1:18:36	6:29	1	-	4	7:17
Eiserner Handwe	3.60	15:59	4:26	1	-	4	0:47	15.70	1:34:35	6:01	1	-	4	8:04
Schlüsie	4.10	16:26	4:00	1	-	5	1:20	19.80	1:51:01	5:36	1	-	4	9:24
Loddenke	3.10	13:12	4:15	1	-	4	1:05	22.90	2:04:13	5:25	1	-	4	10:29
Ilseburg/Markt	3.30	14:51	4:30	1	-	3	0:51	26.20	2:19:04	5:18	1	-	4	10:08