



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Kruppen-Müller, Sabine

Club: Trail-Runners Oberharz
Number: 286

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:52:07

Speed: 9.13 km/h
Running performance: 6:34 min/km

Rank in course/Total: 373 (of 581)

Rank in course/Women: 35 (of 106)

Best time in course: 2:08:56

Rank in category: 3(of 19)

Best time in the category: 2:36:21

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	20:08	6:06	3	0:43	27	4:20	3.30	20:08	6:06	3	0:43	27	4:20
Schlüsle	3.10	23:30	7:34	6	2:49	48	6:55	6.40	43:38	6:49	4	2:39	33	11:10
Hermannsklippe	2.60	20:13	7:46	4	2:00	32	5:38	9.00	1:03:51	7:05	4	4:39	35	16:48
Brocken	3.10	36:08	11:39	7	6:55	57	11:59	12.10	1:39:59	8:15	5	9:48	42	28:40
Eiserner Handweg	3.60	20:02	5:33	4	1:34	32	4:50	15.70	2:00:01	7:38	5	10:56	38	33:30
Schlüsle	4.10	19:22	4:43	3	1:26	34	4:16	19.80	2:19:23	7:02	3	12:22	35	37:46
Loddenke	3.10	15:25	4:58	3	1:48	32	3:18	22.90	2:34:48	6:45	3	14:10	35	41:04
Ilseburg/Markt	3.30	17:19	5:14	3	1:36	30	3:19	26.20	2:52:07	6:34	3	15:46	35	43:11