



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Kruppen-Müller, Sabine

Club: Trail-Runners Oberharz  
Number: 714

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:06:00

Speed: 8.18 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 123 (of 148)

Rank in course/Women: 42 (of 54)

Best time in course: 42:53

Rank in category: 5(of 6)

Best time in the category: 46:49

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ilsestein      | 4.10        | 34:13         | 8:20            | 6           | 10:54          | 43           | 13:10           | 4.10          | 34:13         | 8:20            | 7           | 10:54          | 55           | 13:10           |
| Loddenke       | 2.20        | 13:33         | 6:09            | 4           | 4:27           | 42           | 5:09            | 6.30          | 47:46         | 7:34            | 7           | 15:21          | 55           | 18:19           |
| Ilseburg/Markt | 3.30        | 18:14         | 5:31            | 4           | 3:50           | 40           | 4:48            | 9.60          | 1:06:00       | 6:52            | 5           | 19:11          | 42           | 23:07           |