



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Abraham, Rabia

Club: TVU-LT-Uelzen
Number: 33

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:01:07

Speed: 8.61 km/h
Running performance: 6:55 min/km

Rank in course/Total: 356 (of 467)

Rank in course/Women: 44 (of 80)

Best time in course: 2:03:14

Rank in category: 12(of 15)

Best time in the category: 2:28:06

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	21:26	6:29	13	3:05	44	6:31	3.30	21:26	6:29	16	3:05	81	6:31
Schlüsie	3.10	24:10	7:47	13	4:36	49	7:27	6.40	45:36	7:07	16	7:41	81	13:58
Hermannsklippe	2.60	21:28	8:15	12	4:28	42	6:44	9.00	1:07:04	7:27	16	12:09	81	20:42
Brocken	3.10	35:30	11:27	14	5:52	47	10:50	12.10	1:42:34	8:28	16	17:52	81	31:32
Eiserner Handwe	3.60	21:57	6:05	12	4:58	48	7:27	15.70	2:04:31	7:55	16	22:50	81	38:59
Schlüsie	4.10	21:42	5:17	11	4:59	51	7:46	19.80	2:26:13	7:23	16	27:49	81	46:45
Loddenke	3.10	17:13	5:33	10	3:50	46	5:49	22.90	2:43:26	7:08	16	30:37	80	52:34
Ilseburg/Markt	3.30	17:41	5:21	9	3:01	35	5:19	26.20	3:01:07	6:54	12	33:01	44	57:53