



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Jaeger, Sabrina

Club: Maschsee-Sharks Hannover
Number: 187

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:13:30

Speed: 11.69 km/h
Running performance: 5:06 min/km

Rank in course/Total: 41 (of 418)

Rank in course/Women: 5 (of 82)

Best time in course: 2:03:06

Rank in category: 1(of 16)

Best time in the category: 2:13:30

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	16:44	5:04	1	-	7	1:51	3.30	16:44	5:04	1	-	7	1:51
Schlüsie	3.10	18:48	6:03	2	0:25	7	2:29	6.40	35:32	5:33	1	-	6	4:20
Hermannsklippe	2.60	16:06	6:11	1	-	5	1:41	9.00	51:38	5:44	1	-	6	6:01
Brocken	3.10	25:52	8:20	2	0:06	5	3:02	12.10	1:17:30	6:24	1	-	5	9:03
Eiserner Handwe	3.60	15:19	4:15	1	-	4	0:16	15.70	1:32:49	5:54	1	-	5	9:19
Schlüsie	4.10	14:05	3:26	1	-	2	0:09	19.80	1:46:54	5:23	1	-	5	8:33
Loddenke	3.10	fehlt!	-	-	-	-	-	22.90	-	-	-	-	-	-
Ilseburg/Markt	3.30	26:36	8:03	15	11:29	74	13:32	26.20	2:13:30	5:05	1	-	5	10:24