



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Bettermann-Ricke, Sandra

Club: TSV 1850/09 Korbach
Number: 65

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:28:00

Speed: 10.54 km/h
Running performance: 5:39 min/km

Rank in course/Total: 105 (of 418)

Rank in course/Women: 10 (of 82)

Best time in course: 2:03:06

Rank in category: 3(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	18:21	5:33	3	1:37	12	3:28	3.30	18:21	5:33	3	1:37	12	3:28
Schlüsie	3.10	19:41	6:20	4	1:18	10	3:22	6.40	38:02	5:56	3	2:30	9	6:50
Hermannsklippe	2.60	17:26	6:42	3	1:20	10	3:01	9.00	55:28	6:09	3	3:50	10	9:51
Brocken	3.10	29:17	9:26	4	3:31	12	6:27	12.10	1:24:45	7:00	3	7:15	10	16:18
Eiserner Handwe	3.60	17:16	4:47	4	1:57	11	2:13	15.70	1:42:01	6:29	3	9:12	10	18:31
Schlüsie	4.10	16:25	4:00	5	2:20	10	2:29	19.80	1:58:26	5:58	3	11:32	10	20:05
Loddenke	3.10	14:03	4:31	2	0:36	10	2:19	22.90	2:12:29	5:47	1	-	7	19:26
Ilseburg/Markt	3.30	15:31	4:42	3	0:24	11	2:27	26.20	2:28:00	5:38	3	14:30	10	24:54