



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Homann, Sandra

Club: Gaensefurther Sportbewegung
Number: 474

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:47:43

Speed: 9.30 km/h
Running performance: 6:24 min/km

Rank in course/Total: 241 (of 418)

Rank in course/Women: 33 (of 82)

Best time in course: 2:03:06

Rank in category: 8(of 15)

Best time in the category: 2:23:24

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	21:28	6:30	10	4:48	41	6:35	3.30	21:28	6:30	10	4:48	41	6:35
Schlüsie	3.10	22:47	7:20	8	3:55	34	6:28	6.40	44:15	6:54	8	8:43	35	13:03
Hermannsklippe	2.60	19:37	7:32	8	2:50	28	5:12	9.00	1:03:52	7:05	8	11:33	34	18:15
Brocken	3.10	32:46	10:34	8	5:20	31	9:56	12.10	1:36:38	7:59	8	16:53	34	28:11
Eiserner Handwe	3.60	20:39	5:44	9	4:05	41	5:36	15.70	1:57:17	7:28	8	19:35	34	33:47
Schlüsie	4.10	17:41	4:18	4	1:11	19	3:45	19.80	2:14:58	6:48	8	19:54	32	36:37
Loddenke	3.10	15:38	5:02	5	1:56	24	3:54	22.90	2:30:36	6:34	6	21:50	26	37:33
Ilseburg/Markt	3.30	17:07	5:11	5	2:29	20	4:03	26.20	2:47:43	6:24	8	24:19	33	44:37