51. Brockenlauf

Ilsenburg / 03.09.2022

Detailed evaluation

Abraham, Rabia

Club: LT-TVU-Uelzen
Number: 33

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 3:02:10

Speed: 8.63 km/h
Running performance: 6:57 min/km

Rank in course/Total: 318 (of 418)
Rank in course/Women: 47 (of 82)
Best time in course: 2:03:06

Rank in category: 12(of 16)
Best time in the category: 2:13:30

Intermediate times

Control	Stage score							Total ranking						
	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	21:25	6:29	11	4:41	39	6:32	3.30	21:25	6:29	11	4:41	39	6:32
Schlüsie	3.10	23:54	7:42	12	5:31	45	7:35	6.40	45:19	7:04	11	9:47	42	14:07
Hermannsklippe	2.60	21:47	8:22	13	5:41	46	7:22	9.00	1:07:06	7:27	12	15:28	44	21:29
Brocken	3.10	35:02	11:18	10	9:16	44	12:12	12.10	1:42:08	8:26	10	24:38	43	33:41
Eiserner Handwe	3.60	21:57	6:05	12	6:38	52	6:54	15.70	2:04:05	7:54	10	31:16	43	40:35
Schlüsie	4.10	21:23	5:12	13	7:18	54	7:27	19.80	2:25:28	7:20	11	38:34	46	47:07
Loddenke	3.10	17:28	5:38	10	4:01	46	5:44	22.90	2:42:56	7:06	9	30:27	41	49:53
Ilsenburg/Markt	3.30	19:14	5:49	11	4:07	46	6:10	26.20	3:02:10	6:57	12	48:40	47	59:04