



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Knappick, Sarah

Club: Stapelburg  
Number: 843

Course: 3.90 km  
3,9 km - Lauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 24:21

Speed: 7.39 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 27 (of 49)  
Rank in course/Women: 10 (of 20)  
Best time in course: 17:30

Rank in category: 1(of 1)  
Best time in the category: 24:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Prinzess Ilse Que	1.90	13:04	6:52	1	-	11	3:54	1.90	13:04	6:52	1	-	11	3:54
Ilseburg/Markt	2.00	11:17	5:38	1	-	10	2:57	3.90	24:21	6:14	1	-	10	6:51