



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Wulff, Sabine

Club: Wedemark
Number: 824

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 25:52

Speed: 6.96 km/h
Running performance: 6:38 min/km

Rank in course/Total: 32 (of 49)
Rank in course/Women: 12 (of 20)
Best time in course: 17:30

Rank in category: 1(of 2)
Best time in the category: 25:52

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	13:40	7:11	1	-	13	4:30	1.90	13:40	7:11	1	-	13	4:30
Ilseburg/Markt	2.00	12:12	6:05	1	-	12	3:52	3.90	25:52	6:37	1	-	12	8:22