



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Sandvoß, Laura

Club: Bläsercorps Neuhof  
Number: 819

Course: 3.90 km  
3,9 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 25:57

Speed: 6.94 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 33 (of 49)  
Rank in course/Women: 13 (of 20)  
Best time in course: 17:30

Rank in category: 1(of 3)  
Best time in the category: 25:57

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Prinzess Ilse Que	1.90	13:17	6:59	1	-	12	4:07	1.90	13:17	6:59	1	-	12	4:07
Ilseburg/Markt	2.00	12:40	6:19	1	-	13	4:20	3.90	25:57	6:39	1	-	13	8:27