



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Klementz, Sandra

Club: LC Blueliner
Number: 748

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 47:50

Speed: 12.04 km/h
Running performance: 4:59 min/km

Rank in course/Total: 34 (of 169)

Rank in course/Women: 6 (of 68)

Best time in course: 40:17

Rank in category: 2(of 12)

Best time in the category: 44:41

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
Ilsestein	4.10	23:44	5:47	2	1:42	6	3:06	4.10	23:44	5:47	2	1:42	6	3:06
Loddenke	2.20	9:44	4:25	3	0:51	12	1:53	6.30	33:28	5:18	2	2:33	6	4:59
Ilseburg/Markt	3.30	14:22	4:21	2	0:36	6	2:34	9.60	47:50	4:58	2	3:09	6	7:33