



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Ahmedi, Sabire

Club: Schiffdorf
Number: 602

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 58:15

Speed: 9.27 km/h
Running performance: 6:04 min/km

Rank in course/Total: 113 (of 169)

Rank in course/Women: 36 (of 68)

Best time in course: 40:17

Rank in category: 7(of 12)

Best time in the category: 44:41

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
Ilsestein	4.10	29:21	7:09	8	7:19	35	8:43	4.10	29:21	7:09	8	7:19	35	8:43
Loddenke	2.20	12:02	5:28	11	3:09	45	4:11	6.30	41:23	6:34	8	10:28	38	12:54
Ilseburg/Markt	3.30	16:52	5:06	7	3:06	37	5:04	9.60	58:15	6:04	7	13:34	36	17:58