



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Meyer, Sarina

Club: Soltau
Number: 677

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:21:04

Speed: 7.11 km/h
Running performance: 8:26 min/km

Rank in course/Total: 165 (of 169)

Rank in course/Women: 68 (of 68)

Best time in course: 40:17

Rank in category: 12(of 12)

Best time in the category: 45:59

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	40:00	9:45	12	17:17	68	19:22	4.10	40:00	9:45	12	17:17	68	19:22
Loddenke	2.20	16:48	7:38	12	7:40	68	8:57	6.30	56:48	9:00	12	24:57	68	28:19
Ilseburg/Markt	3.30	24:16	7:21	12	10:08	67	12:28	9.60	1:21:04	8:26	12	35:05	68	40:47