



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Jaeger, Sabrina

Club: Maschsee-Sharks Hannover
Number: 192

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:13:55

Speed: 11.65 km/h
Running performance: 5:07 min/km

Rank in course/Total: 54 (of 537)

Rank in course/Women: 6 (of 97)

Best time in course: 2:02:52

Rank in category: 1(of 12)

Best time in the category: 2:13:55

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
Loddenke	3.30	16:32	5:00	1	-	6	1:33	3.30	16:32	5:00	1	-	6	1:33
Schlüsie	3.10	18:35	5:59	1	-	8	1:51	6.40	35:07	5:29	1	-	6	3:13
Hermannsklippe	2.60	16:09	6:12	1	-	8	1:43	9.00	51:16	5:41	1	-	6	4:31
Brocken	3.10	25:50	8:19	1	-	7	3:09	12.10	1:17:06	6:22	1	-	6	7:40
Eiserner Handwe	3.60	15:50	4:23	1	-	5	1:29	15.70	1:32:56	5:55	1	-	6	8:32
Schlüsie	4.10	14:44	3:35	1	-	5	1:14	19.80	1:47:40	5:26	1	-	6	8:39
Loddenke	3.10	12:14	3:56	1	-	5	0:58	22.90	1:59:54	5:14	1	-	6	9:37
Ilseburg/Markt	3.30	14:01	4:14	1	-	7	1:26	26.20	2:13:55	5:06	1	-	6	11:03