



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Glander, Sabrina

Club: Danndorf
Number: 569

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:16:05

Speed: 11.46 km/h
Running performance: 5:11 min/km

Rank in course/Total: 62 (of 537)

Rank in course/Women: 7 (of 97)

Best time in course: 2:02:52

Rank in category: 3(of 10)

Best time in the category: 2:03:43

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
Loddenke	3.30	18:29	5:36	5	3:30	15	3:30	3.30	18:29	5:36	5	3:30	15	3:30
Schlüsie	3.10	17:38	5:41	3	0:43	6	0:54	6.40	36:07	5:38	4	4:13	9	4:13
Hermannsklippe	2.60	15:43	6:02	3	0:50	6	1:17	9.00	51:50	5:45	3	5:03	7	5:05
Brocken	3.10	25:45	8:18	3	1:20	6	3:04	12.10	1:17:35	6:24	3	6:23	7	8:09
Eiserner Handwe	3.60	16:48	4:40	3	2:27	9	2:27	15.70	1:34:23	6:00	3	8:50	8	9:59
Schlüsie	4.10	15:04	3:40	3	1:34	6	1:34	19.80	1:49:27	5:31	3	10:24	7	10:26
Loddenke	3.10	12:22	3:59	3	0:47	6	1:06	22.90	2:01:49	5:19	3	11:11	7	11:32
Ilseburg/Markt	3.30	14:16	4:19	4	1:14	8	1:41	26.20	2:16:05	5:11	3	12:22	7	13:13