



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Grabau, Ilka

Club: LC Solbad Ravensberg
Number: 147

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:50:40

Speed: 9.14 km/h
Running performance: 6:31 min/km

Rank in course/Total: 317 (of 537)

Rank in course/Women: 38 (of 97)

Best time in course: 2:02:52

Rank in category: 4(of 10)

Best time in the category: 2:20:30

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	21:38	6:33	7	3:46	54	6:39	3.30	21:38	6:33	7	3:46	54	6:39
Schlüsie	3.10	22:58	7:24	5	4:51	42	6:14	6.40	44:36	6:58	6	8:37	50	12:42
Hermannsklippe	2.60	20:05	7:43	4	4:05	31	5:39	9.00	1:04:41	7:11	5	12:42	42	17:56
Brocken	3.10	31:44	10:14	3	5:20	24	9:03	12.10	1:36:25	7:58	4	18:02	34	26:59
Eiserner Handwe	3.60	19:55	5:31	3	4:03	36	5:34	15.70	1:56:20	7:24	4	22:05	34	31:56
Schlüsie	4.10	19:05	4:39	3	2:10	34	5:35	19.80	2:15:25	6:50	4	24:15	35	36:24
Loddenke	3.10	16:21	5:16	7	2:43	57	5:05	22.90	2:31:46	6:37	4	26:58	36	41:29
Ilseburg/Markt	3.30	18:54	5:43	7	3:12	62	6:19	26.20	2:50:40	6:30	4	30:10	38	47:48