



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Abraham, Rabia

Club: Wolfsburg
Number: 21

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:51:53

Speed: 9.08 km/h
Running performance: 6:34 min/km

Rank in course/Total: 333 (of 537)

Rank in course/Women: 42 (of 97)

Best time in course: 2:02:52

Rank in category: 7(of 12)

Best time in the category: 2:13:55

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	20:56	6:20	7	4:24	42	5:57	3.30	20:56	6:20	7	4:24	42	5:57
Schlüsie	3.10	22:35	7:17	5	4:00	37	5:51	6.40	43:31	6:47	6	8:24	37	11:37
Hermannsklippe	2.60	20:48	8:00	7	4:39	43	6:22	9.00	1:04:19	7:08	7	13:03	39	17:34
Brocken	3.10	33:42	10:52	9	7:52	39	11:01	12.10	1:38:01	8:06	7	20:55	42	28:35
Eiserner Handwe	3.60	21:07	5:51	9	5:17	49	6:46	15.70	1:59:08	7:35	7	26:12	41	34:44
Schlüsie	4.10	20:19	4:57	10	5:35	56	6:49	19.80	2:19:27	7:02	7	31:47	44	40:26
Loddenke	3.10	15:55	5:08	9	3:41	48	4:39	22.90	2:35:22	6:47	7	35:28	44	45:05
Ilseburg/Markt	3.30	16:31	5:00	5	2:30	27	3:56	26.20	2:51:53	6:33	7	37:58	42	49:01