



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Gemm, Sarah

Club: Hann.Münden
Number: 136

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 3:21:20

Speed: 7.75 km/h
Running performance: 7:41 min/km

Rank in course/Total: 495 (of 537)

Rank in course/Women: 86 (of 97)

Best time in course: 2:02:52

Rank in category: 10(of 10)

Best time in the category: 2:03:43

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	23:47	7:12	10	8:48	84	8:48	3.30	23:47	7:12	10	8:48	84	8:48
Schlüsie	3.10	28:28	9:10	10	11:33	94	11:44	6.40	52:15	8:09	10	20:21	93	20:21
Hermannsklippe	2.60	25:17	9:43	10	10:24	92	10:51	9.00	1:17:32	8:36	10	30:45	91	30:47
Brocken	3.10	37:32	12:06	9	13:07	75	14:51	12.10	1:55:04	9:30	10	43:52	87	45:38
Eiserner Handwe	3.60	23:31	6:31	9	9:10	77	9:10	15.70	2:18:35	8:49	10	53:02	86	54:11
Schlüsie	4.10	22:28	5:28	10	8:58	79	8:58	19.80	2:41:03	8:08	10	1:02:00	85	1:02:02
Loddenke	3.10	18:37	6:00	10	7:02	83	7:21	22.90	2:59:40	7:50	10	1:09:02	85	1:09:23
Ilseburg/Markt	3.30	21:40	6:33	10	8:38	89	9:05	26.20	3:21:20	7:41	10	1:17:37	86	1:18:28