



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Grambart, Sandra

Club: Bad Zwischenahn
Number: 148

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:25:20

Speed: 7.60 km/h
Running performance: 7:50 min/km

Rank in course/Total: 507 (of 537)

Rank in course/Women: 90 (of 97)

Best time in course: 2:02:52

Rank in category: 15(of 16)

Best time in the category: 2:29:41

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	23:12	7:01	13	6:18	80	8:13	3.30	23:12	7:01	13	6:18	80	8:13
Schlüsie	3.10	26:06	8:25	12	6:23	78	9:22	6.40	49:18	7:42	12	12:41	79	17:24
Hermannsklippe	2.60	24:26	9:23	15	6:46	83	10:00	9.00	1:13:44	8:11	13	19:27	81	26:59
Brocken	3.10	40:29	13:03	15	12:13	86	17:48	12.10	1:54:13	9:26	15	31:40	86	44:47
Eiserner Handwe	3.60	24:50	6:53	12	7:10	85	10:29	15.70	2:19:03	8:51	15	37:51	89	54:39
Schlüsie	4.10	24:05	5:52	12	6:04	86	10:35	19.80	2:43:08	8:14	14	43:47	87	1:04:07
Loddenke	3.10	19:26	6:16	13	5:32	88	8:10	22.90	3:02:34	7:58	14	48:50	87	1:12:17
Ilseburg/Markt	3.30	22:46	6:53	15	7:34	93	10:11	26.20	3:25:20	7:50	15	55:39	90	1:22:28