



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Alshut, Farina

Club: Braunschweig
Number: 654

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:01:20

Speed: 8.80 km/h
Running performance: 6:23 min/km

Rank in course/Total: 107 (of 148)

Rank in course/Women: 33 (of 54)

Best time in course: 42:53

Rank in category: 6(of 7)

Best time in the category: 47:20

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
Ilsestein	4.10	31:41	7:43	6	7:49	34	10:38	4.10	31:41	7:43	8	7:49	55	10:38
Loddenke	2.20	12:21	5:36	5	3:07	29	3:57	6.30	44:02	6:59	8	10:56	55	14:35
Ilseburg/Markt	3.30	17:18	5:14	5	3:04	26	3:52	9.60	1:01:20	6:23	6	14:00	33	18:27