



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Østergaard, Susanne

Club: VLS

Number: 804

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:03:20

Speed: 8.53 km/h

Running performance: 6:36 min/km

Rank in course/Total: 115 (of 148)

Rank in course/Women: 35 (of 54)

Best time in course: 42:53

Rank in category: 2(of 7)

Best time in the category: 53:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	32:26	7:54	2	5:27	37	11:23	4.10	32:26	7:54	8	5:27	55	11:23
Loddenke	2.20	13:11	5:59	2	2:08	37	4:47	6.30	45:37	7:14	8	7:35	55	16:10
Ilseburg/Markt	3.30	17:43	5:22	2	1:55	32	4:17	9.60	1:03:20	6:35	2	9:30	35	20:27