



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Hennig, Heidemarie

Club: Die Risikogruppe
Number: 688

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 1:16:48

Speed: 7.03 km/h
Running performance: 8:00 min/km

Rank in course/Total: 141 (of 148)

Rank in course/Women: 50 (of 54)

Best time in course: 42:53

Rank in category: 2(of 2)

Best time in the category: 1:05:01

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	37:10	9:03	2	4:23	51	16:07	4.10	37:10	9:03	3	4:23	55	16:07
Loddenke	2.20	16:24	7:27	2	3:31	52	8:00	6.30	53:34	8:30	3	7:54	55	24:07
Ilseburg/Markt	3.30	23:14	7:02	2	3:53	51	9:48	9.60	1:16:48	8:00	2	11:47	50	33:55