



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Adler, Ilona

Club: Potsdamer Waldläufer
Number: 651

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:18:38

Speed: 7.33 km/h
Running performance: 8:11 min/km

Rank in course/Total: 142 (of 148)

Rank in course/Women: 51 (of 54)

Best time in course: 42:53

Rank in category: 7(of 7)

Best time in the category: 53:50

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 | 38:37 | 9:25 | 7 | 11:38 | 52 | 17:34 | 4.10 | 38:37 | 9:25 | 8 | 11:38 | 55 | 17:34 |
| Loddenke | 2.20 | 15:13 | 6:54 | 4 | 4:10 | 46 | 6:49 | 6.30 | 53:50 | 8:32 | 8 | 15:48 | 55 | 24:23 |
| Ilseburg/Markt | 3.30 | 24:48 | 7:30 | 7 | 9:00 | 52 | 11:22 | 9.60 | 1:18:38 | 8:11 | 7 | 24:48 | 51 | 35:45 |