



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode
Number: 821

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 46:49

Speed: 11.53 km/h
Running performance: 4:53 min/km

Rank in course/Total: 27 (of 148)

Rank in course/Women: 3 (of 54)

Best time in course: 42:53

Rank in category: 1(of 6)

Best time in the category: 46:49

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	23:19	5:41	1	-	3	2:16	4.10	23:19	5:41	1	-	55	2:16
Loddenke	2.20	9:06	4:08	1	-	2	0:42	6.30	32:25	5:08	1	-	55	2:58
Ilseburg/Markt	3.30	14:24	4:21	1	-	4	0:58	9.60	46:49	4:52	1	-	3	3:56