



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Schallhorn, Claudia

Club: Cross Fitness MTV Bad Bevensen
Number: 750

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 58:52

Speed: 9.17 km/h
Running performance: 6:08 min/km

Rank in course/Total: 90 (of 148)

Rank in course/Women: 24 (of 54)

Best time in course: 42:53

Rank in category: 3(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	30:06	7:20	3	6:47	29	9:03	4.10	30:06	7:20	7	6:47	55	9:03
Loddenke	2.20	11:06	5:02	3	2:00	19	2:42	6.30	41:12	6:32	7	8:47	55	11:45
Ilseburg/Markt	3.30	17:40	5:21	3	3:16	31	4:14	9.60	58:52	6:07	3	12:03	24	15:59