



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode
Number: 551

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 46:38

Speed: 11.58 km/h
Running performance: 4:52 min/km

Rank in course/Total: 22 (of 147)

Rank in course/Women: 3 (of 57)

Best time in course: 41:37

Rank in category: 1(of 10)

Best time in the category: 46:38

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	23:07	5:38	1	-	3	2:41	4.10	23:07	5:38	1	-	3	2:41
Loddenke	2.20	9:06	4:08	1	-	3	0:56	6.30	32:13	5:06	1	-	3	3:37
Ilseburg/Markt	3.30	14:25	4:22	1	-	3	1:24	9.60	46:38	4:51	1	-	3	5:01