



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Flanz, Carina

Club: Neumünster
Number: 573

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 52:00

Speed: 10.38 km/h
Running performance: 5:25 min/km

Rank in course/Total: 56 (of 147)
Rank in course/Women: 10 (of 57)
Best time in course: 41:37

Rank in category: 3(of 9)
Best time in the category: 46:00

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	25:48	6:17	3	3:06	9	5:22	4.10	25:48	6:17	3	3:06	9	5:22
Loddenke	2.20	11:06	5:02	3	2:10	16	2:56	6.30	36:54	5:51	3	5:16	10	8:18
Ilseburg/Markt	3.30	15:06	4:34	2	0:44	9	2:05	9.60	52:00	5:25	3	6:00	10	10:23