



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Riesen, Jessica

Club: Bad Harzburg
Number: 653

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 57:20

Speed: 9.42 km/h
Running performance: 5:58 min/km

Rank in course/Total: 83 (of 147)

Rank in course/Women: 19 (of 57)

Best time in course: 41:37

Rank in category: 4(of 8)

Best time in the category: 41:37

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	29:03	7:05	4	8:37	21	8:37	4.10	29:03	7:05	4	8:37	21	8:37
Loddenke	2.20	11:37	5:16	6	3:27	26	3:27	6.30	40:40	6:27	4	12:04	22	12:04
Ilseburg/Markt	3.30	16:40	5:03	4	3:39	16	3:39	9.60	57:20	5:58	4	15:43	19	15:43