



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Heinicke, Karola

Club: Laufgemeinschaft Osterwieck  
Number: 585

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 57:50

Speed: 9.34 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 85 (of 147)

Rank in course/Women: 20 (of 57)

Best time in course: 41:37

Rank in category: 2(of 4)

Best time in the category: 56:04

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	28:46	7:00	2	0:54	18	8:20	4.10	28:46	7:00	2	0:54	18	8:20
Loddenke	2.20	11:40	5:18	2	0:38	27	3:30	6.30	40:26	6:25	2	1:32	20	11:50
Ilseburg/Markt	3.30	17:24	5:16	2	0:14	23	4:23	9.60	57:50	6:01	2	1:46	20	16:13