



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Illgen, Ilona

Club: Jog n Walk  
Number: 596

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 58:55

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

Rank in course/Total: 97 (of 147)

Rank in course/Women: 26 (of 57)

Best time in course: 41:37

Rank in category: 2(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	29:40	7:14	2	6:33	22	9:14	4.10	29:40	7:14	2	6:33	22	9:14
Loddenke	2.20	11:49	5:22	3	2:43	28	3:39	6.30	41:29	6:35	2	9:16	24	12:53
Ilseburg/Markt	3.30	17:26	5:16	3	3:01	24	4:25	9.60	58:55	6:08	2	12:17	26	17:18