



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Schallhorn, Claudia

Club: MTV Bad Bevensen CrossFitness
Number: 658

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:01:52

Speed: 8.73 km/h
Running performance: 6:26 min/km

Rank in course/Total: 108 (of 147)

Rank in course/Women: 32 (of 57)

Best time in course: 41:37

Rank in category: 3(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	31:16	7:37	3	3:24	33	10:50	4.10	31:16	7:37	3	3:24	33	10:50
Loddenke	2.20	12:00	5:27	3	0:58	29	3:50	6.30	43:16	6:52	3	4:22	30	14:40
Ilseburg/Markt	3.30	18:36	5:38	3	1:26	39	5:35	9.60	1:01:52	6:26	3	5:48	32	20:15