



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Goes, Henrike

Club: Salzgitter
Number: 579

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:17

Speed: 8.67 km/h
Running performance: 6:29 min/km

Rank in course/Total: 110 (of 147)

Rank in course/Women: 33 (of 57)

Best time in course: 41:37

Rank in category: 3(of 6)

Best time in the category: 54:41

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	31:53	7:46	3	3:33	39	11:27	4.10	31:53	7:46	3	3:33	39	11:27
Loddenke	2.20	12:21	5:36	3	1:27	31	4:11	6.30	44:14	7:01	3	5:00	35	15:38
Ilseburg/Markt	3.30	18:03	5:28	3	2:36	32	5:02	9.60	1:02:17	6:29	3	7:36	33	20:40