



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Herzog, Manuela

Club: SG Willmersdorf  
Number: 590

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:31

Speed: 8.50 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 118 (of 147)

Rank in course/Women: 40 (of 57)

Best time in course: 41:37

Rank in category: 5(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	31:14	7:37	5	8:07	32	10:48	4.10	31:14	7:37	5	8:07	32	10:48
Loddenke	2.20	14:05	6:24	7	4:59	48	5:55	6.30	45:19	7:11	6	13:06	41	16:43
Ilseburg/Markt	3.30	18:12	5:30	5	3:47	35	5:11	9.60	1:03:31	6:36	5	16:53	40	21:54