



51. Brockenlauf Ilseburg / 03.09.2022

Detailed evaluation

Rödger, Antje

Club: Hannover 96 Triathlon
Number: 716

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:04:07

Speed: 8.42 km/h
Running performance: 6:41 min/km

Rank in course/Total: 120 (of 147)

Rank in course/Women: 42 (of 57)

Best time in course: 41:37

Rank in category: 6(of 10)

Best time in the category: 46:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	32:31	7:55	6	9:24	42	12:05	4.10	32:31	7:55	6	9:24	42	12:05
Loddenke	2.20	12:31	5:41	5	3:25	35	4:21	6.30	45:02	7:08	5	12:49	37	16:26
Ilseburg/Markt	3.30	19:05	5:46	6	4:40	44	6:04	9.60	1:04:07	6:40	6	17:29	42	22:30