



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Alshut, Farina

Club: Braunschweig
Number: 552

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:18

Speed: 8.40 km/h
Running performance: 6:42 min/km

Rank in course/Total: 122 (of 147)

Rank in course/Women: 43 (of 57)

Best time in course: 41:37

Rank in category: 4(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	32:49	8:00	4	4:29	43	12:23	4.10	32:49	8:00	4	4:29	43	12:23
Loddenke	2.20	13:00	5:54	4	2:06	39	4:50	6.30	45:49	7:16	4	6:35	43	17:13
Ilseburg/Markt	3.30	18:29	5:36	4	3:02	38	5:28	9.60	1:04:18	6:41	4	9:37	43	22:41