



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Wiggers, Frauke

Club: Itzehoe
Number: 696

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:07:48

Speed: 7.96 km/h
Running performance: 7:04 min/km

Rank in course/Total: 129 (of 147)

Rank in course/Women: 47 (of 57)

Best time in course: 41:37

Rank in category: 7(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	34:03	8:18	7	10:56	47	13:37	4.10	34:03	8:18	7	10:56	47	13:37
Loddenke	2.20	14:09	6:25	8	5:03	49	5:59	6.30	48:12	7:39	8	15:59	48	19:36
Ilseburg/Markt	3.30	19:36	5:56	9	5:11	49	6:35	9.60	1:07:48	7:03	7	21:10	47	26:11