



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Steinberg, Silke

Club: Hansrstadt Stendal
Number: 671

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:08:10

Speed: 7.92 km/h
Running performance: 7:06 min/km

Rank in course/Total: 131 (of 147)

Rank in course/Women: 49 (of 57)

Best time in course: 41:37

Rank in category: 8(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	35:20	8:37	8	12:13	51	14:54	4.10	35:20	8:37	8	12:13	51	14:54
Loddenke	2.20	12:30	5:40	4	3:24	34	4:20	6.30	47:50	7:35	7	15:37	47	19:14
Ilseburg/Markt	3.30	20:20	6:09	10	5:55	51	7:19	9.60	1:08:10	7:06	8	21:32	49	26:33