



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Traina, Malou

Club: Beatthemiles
Number: 833

Course: 3.90 km
3,9 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 18:13

Speed: 9.88 km/h
Running performance: 4:40 min/km

Rank in course/Total: 6 (of 49)
Rank in course/Women: 2 (of 20)
Best time in course: 17:30

Rank in category: 2(of 3)
Best time in the category: 17:30

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
Prinzess Ilse Que	1.90	9:22	4:55	2	0:12	2	0:12	1.90	9:22	4:55	2	0:12	2	0:12
Ilseburg/Markt	2.00	8:51	4:25	2	0:31	2	0:31	3.90	18:13	4:40	2	0:43	2	0:43