



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Friese, Beate

Club: -

Number: 847

Course: 3.90 km

3,9 km - Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 28:46

Speed: 6.26 km/h

Running performance: 7:23 min/km

Rank in course/Total: 39 (of 49)

Rank in course/Women: 15 (of 20)

Best time in course: 17:30

Rank in category: 3(of 4)

Best time in the category: 20:37

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	15:01	7:54	3	4:18	15	5:51	1.90	15:01	7:54	3	4:18	15	5:51
Ilseburg/Markt	2.00	13:45	6:52	3	3:51	15	5:25	3.90	28:46	7:22	3	8:09	15	11:16