



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Lochau, Mirja

Club: Trail-Runners Oberharz
Number: 815

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 31:03

Speed: 5.80 km/h
Running performance: 7:58 min/km

Rank in course/Total: 44 (of 49)
Rank in course/Women: 18 (of 20)
Best time in course: 17:30

Rank in category: 4(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	15:41	8:15	4	4:58	17	6:31	1.90	15:41	8:15	4	4:58	17	6:31
Ilseburg/Markt	2.00	15:22	7:41	4	5:28	18	7:02	3.90	31:03	7:57	4	10:26	18	13:33