



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Otten, Carmen

Club: Braunschweiger Laufclub
Number: 790

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 40:17

Speed: 14.30 km/h
Running performance: 4:12 min/km

Rank in course/Total: 7 (of 169)

Rank in course/Women: 1 (of 68)

Best time in course: 40:17

Rank in category: 1(of 1)

Best time in the category: 40:17

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	20:38	5:01	1	-	1	-	4.10	20:38	5:01	1	-	1	-
Loddenke	2.20	7:51	3:34	1	-	1	-	6.30	28:29	4:31	1	-	1	-
Ilseburg/Markt	3.30	11:48	3:34	1	-	1	-	9.60	40:17	4:11	1	-	1	-