



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: 13.41 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 | 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 | - |