



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Brandecker, Yvonne

Club: Harz-Gebirgslauf Wernigerode
Number: 741

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 45:59

Speed: 11.74 km/h
Running performance: 4:47 min/km

Rank in course/Total: 25 (of 169)

Rank in course/Women: 4 (of 68)

Best time in course: 40:17

Rank in category: 1(of 12)

Best time in the category: 45:59

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	22:43	5:32	1	-	4	2:05	4.10	22:43	5:32	1	-	4	2:05
Loddenke	2.20	9:08	4:09	1	-	5	1:17	6.30	31:51	5:03	1	-	4	3:22
Ilseburg/Markt	3.30	14:08	4:16	1	-	5	2:20	9.60	45:59	4:47	1	-	4	5:42