



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode
Number: 603

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 47:01

Speed: 12.25 km/h
Running performance: 4:54 min/km

Rank in course/Total: 29 (of 169)

Rank in course/Women: 5 (of 68)

Best time in course: 40:17

Rank in category: 1(of 10)

Best time in the category: 47:01

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	23:21	5:41	1	-	5	2:43	4.10	23:21	5:41	1	-	5	2:43
Loddenke	2.20	9:03	4:06	1	-	4	1:12	6.30	32:24	5:08	1	-	5	3:55
Ilseburg/Markt	3.30	14:37	4:25	1	-	8	2:49	9.60	47:01	4:53	1	-	5	6:44