



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Hinzer, Kira

Club: Triathlon-Salzgitter
Number: 771

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 49:47

Speed: 10.85 km/h
Running performance: 5:11 min/km

Rank in course/Total: 46 (of 169)

Rank in course/Women: 8 (of 68)

Best time in course: 40:17

Rank in category: 2(of 13)

Best time in the category: 48:11

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	25:02	6:06	2	0:14	8	4:24	4.10	25:02	6:06	2	0:14	8	4:24
Loddenke	2.20	9:59	4:32	4	0:35	15	2:08	6.30	35:01	5:33	2	0:49	9	6:32
Ilseburg/Markt	3.30	14:46	4:28	4	0:47	10	2:58	9.60	49:47	5:11	2	1:36	8	9:30