



52. Brockenlauf  
Ilseburg / 02.09.2023

Detailed evaluation

Korneli, Manuela

Club: Mutter-Tochter-Ding  
Number: 657

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 53:00

Speed: 10.19 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 71 (of 169)

Rank in course/Women: 20 (of 68)

Best time in course: 40:17

Rank in category: 5(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	26:14	6:23	5	3:31	16	5:36	4.10	26:14	6:23	5	3:31	16	5:36
Loddenke	2.20	10:38	4:49	6	1:30	24	2:47	6.30	36:52	5:51	5	5:01	21	8:23
Ilseburg/Markt	3.30	16:08	4:53	5	2:00	25	4:20	9.60	53:00	5:31	5	7:01	20	12:43