



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Pilgrim, Claudia

Club: Magdeburg
Number: 690

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 56:37

Speed: 9.54 km/h
Running performance: 5:54 min/km

Rank in course/Total: 100 (of 169)

Rank in course/Women: 30 (of 68)

Best time in course: 40:17

Rank in category: 5(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	29:27	7:10	5	6:06	36	8:49	4.10	29:27	7:10	5	6:06	36	8:49
Loddenke	2.20	11:11	5:04	4	2:08	32	3:20	6.30	40:38	6:26	5	8:14	33	12:09
Ilseburg/Markt	3.30	15:59	4:50	3	1:22	22	4:11	9.60	56:37	5:53	5	9:36	30	16:20