



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Friedenberger, Silvia

Club: LT Siebengebirge
Number: 631

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 59:33

Speed: 9.67 km/h
Running performance: 6:12 min/km

Rank in course/Total: 122 (of 169)

Rank in course/Women: 42 (of 68)

Best time in course: 40:17

Rank in category: 1(of 3)

Best time in the category: 59:33

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	30:43	7:29	1	-	45	10:05	4.10	30:43	7:29	1	-	45	10:05
Loddenke	2.20	11:53	5:24	1	-	40	4:02	6.30	42:36	6:45	1	-	44	14:07
Ilseburg/Markt	3.30	16:57	5:08	1	-	38	5:09	9.60	59:33	6:12	1	-	42	19:16