



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Vollmer, Alexandra

Club: Hannover
Number: 718

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:01:04

Speed: 9.43 km/h
Running performance: 6:22 min/km

Rank in course/Total: 129 (of 169)

Rank in course/Women: 47 (of 68)

Best time in course: 40:17

Rank in category: 7(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	30:24	7:24	6	7:03	43	9:46	4.10	30:24	7:24	6	7:03	43	9:46
Loddenke	2.20	12:39	5:45	7	3:36	50	4:48	6.30	43:03	6:49	6	10:39	46	14:34
Ilseburg/Markt	3.30	18:01	5:27	7	3:24	47	6:13	9.60	1:01:04	6:21	7	14:03	47	20:47