



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Lipps, Katja

Club: Non Stop Ultra
Number: 262

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:03:22

Speed: 9.09 km/h
Running performance: 6:36 min/km

Rank in course/Total: 142 (of 169)

Rank in course/Women: 55 (of 68)

Best time in course: 40:17

Rank in category: 10(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	32:19	7:52	9	9:36	53	11:41	4.10	32:19	7:52	9	9:36	53	11:41
Loddenke	2.20	13:13	6:00	10	4:05	55	5:22	6.30	45:32	7:13	9	13:41	55	17:03
Ilseburg/Markt	3.30	17:50	5:24	9	3:42	45	6:02	9.60	1:03:22	6:36	10	17:23	55	23:05