



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Herzog, Manuela

Club: SG Willmersdorf
Number: 639

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:04:42

Speed: 8.90 km/h
Running performance: 6:44 min/km

Rank in course/Total: 144 (of 169)

Rank in course/Women: 57 (of 68)

Best time in course: 40:17

Rank in category: 8(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	31:33	7:41	8	8:12	50	10:55	4.10	31:33	7:41	8	8:12	50	10:55
Loddenke	2.20	13:37	6:11	8	4:34	57	5:46	6.30	45:10	7:10	8	12:46	53	16:41
Ilseburg/Markt	3.30	19:32	5:55	10	4:55	63	7:44	9.60	1:04:42	6:44	8	17:41	57	24:25