



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Kölsch, Martina

Club: LC Solbad Ravensberg
Number: 749

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:09:08

Speed: 7.81 km/h
Running performance: 7:12 min/km

Rank in course/Total: 155 (of 169)

Rank in course/Women: 64 (of 68)

Best time in course: 40:17

Rank in category: 5(of 7)

Best time in the category: 56:55

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	35:24	8:38	6	6:41	65	14:46	4.10	35:24	8:38	6	6:41	65	14:46
Loddenke	2.20	13:56	6:19	5	3:03	60	6:05	6.30	49:20	7:49	5	8:29	64	20:51
Ilseburg/Markt	3.30	19:48	6:00	6	3:47	64	8:00	9.60	1:09:08	7:12	5	12:13	64	28:51