



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: 8.33 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 |