



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Hennig, Heidemarie

Club: Die Risikogruppe Leipzig
Number: 637

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:20:10

Speed: 7.19 km/h
Running performance: 8:21 min/km

Rank in course/Total: 164 (of 169)

Rank in course/Women: 67 (of 68)

Best time in course: 40:17

Rank in category: 1(of 1)

Best time in the category: 1:20:10

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	39:05	9:31	1	-	67	18:27	4.10	39:05	9:31	1	-	67	18:27
Loddenke	2.20	16:26	7:28	1	-	67	8:35	6.30	55:31	8:48	1	-	67	27:02
Ilseburg/Markt	3.30	24:39	7:28	1	-	68	12:51	9.60	1:20:10	8:21	1	-	67	39:53