



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Berger, Diana

Club: Hamburg
Number: 872

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 20:38
Speed: 11.34 km/h
Running performance: 5:17 min/km
Rank in course/Total: 24 (of 50)
Rank in course/Women: 12 (of 30)
Best time in course: 15:46
Rank in category: 1(of 3)
Best time in the category: 20:38

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
Prinzess Ilse Que	1.90	10:35	5:34	1	-	12	4:27	1.90	10:35	5:34	1	-	12	4:27
Ilseburg/Markt	2.00	10:03	5:01	1	-	11	2:23	3.90	20:38	5:17	1	-	12	4:52