



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lewandowski, Marina

Number: 916

Course: 3.90 km

3,9 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 24:24

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 37 (of 50)

Rank in course/Women: 21 (of 30)

Best time in course: 15:46

Rank in category: 1(of 1)

Best time in the category: 24:24

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	12:57	6:48	1	-	21	6:49	1.90	12:57	6:48	1	-	21	6:49
Ilseburg/Markt	2.00	11:27	5:43	1	-	19	3:47	3.90	24:24	6:15	1	-	21	8:38