



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Schaper, Inga

Club: Schleswig-Holstein - Dänischenhagen  
Number: 899

Course: 3.90 km  
3,9 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 25:55

Speed: 6.95 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 40 (of 50)

Rank in course/Women: 23 (of 30)

Best time in course: 15:46

Rank in category: 3(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	13:54	7:18	3	3:19	24	7:46	1.90	13:54	7:18	3	3:19	24	7:46
Ilseburg/Markt	2.00	12:01	6:00	3	1:58	20	4:21	3.90	25:55	6:38	3	5:17	23	10:09