



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Illgen, Joana

Club: Jog n Walk
Number: 699

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 45:59

Speed: 11.74 km/h
Running performance: 4:47 min/km

Rank in course/Total: 25 (of 210)

Rank in course/Women: 2 (of 78)

Best time in course: 44:23

Rank in category: 1(of 11)

Best time in the category: 45:59

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	23:50	5:48	1	-	3	1:51	4.10	23:50	5:48	1	-	3	1:51
Loddenke	2.20	8:36	3:54	1	-	1	-	6.30	32:26	5:08	1	-	3	1:47
Ilseburg/Markt	3.30	13:33	4:06	1	-	1	-	9.60	45:59	4:47	1	-	2	1:36