



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Albrecht, Frauke

Club: NSV Wernigerode
Number: 641

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 46:25

Speed: 12.41 km/h
Running performance: 4:50 min/km

Rank in course/Total: 29 (of 210)

Rank in course/Women: 3 (of 78)

Best time in course: 44:23

Rank in category: 1(of 15)

Best time in the category: 46:25

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	22:45	5:32	1	-	2	0:46	4.10	22:45	5:32	1	-	2	0:46
Loddenke	2.20	9:11	4:10	1	-	3	0:35	6.30	31:56	5:04	1	-	2	1:17
Ilseburg/Markt	3.30	14:29	4:23	1	-	4	0:56	9.60	46:25	4:50	1	-	3	2:02