



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hartmann, Frederike

Club: Wernigerode
Number: 825

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 47:58

Speed: 11.26 km/h
Running performance: 5:00 min/km

Rank in course/Total: 37 (of 210)

Rank in course/Women: 4 (of 78)

Best time in course: 44:23

Rank in category: 1(of 6)

Best time in the category: 47:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	23:51	5:49	1	-	4	1:52	4.10	23:51	5:49	1	-	4	1:52
Loddenke	2.20	9:37	4:22	1	-	5	1:01	6.30	33:28	5:18	1	-	4	2:49
Ilseburg/Markt	3.30	14:30	4:23	1	-	5	0:57	9.60	47:58	4:59	1	-	4	3:35