



# 49. Brockenlauf

Ilseburg / 07.09.2019

## Detailed evaluation

**Thorhauer, Henriette**

Club: Rennsteiglaufverein/ LG Süd  
 Number: 800

Course: 9.60 km  
 9,6 km - Lauf

Category:  
 Seniorinnen W50 (50-54 Jahre)

**Total time: 50:06**

Speed: 11.50 km/h  
 Running performance: 5:13 min/km

Rank in course/Total: 54 (of 210)

Rank in course/Women: 7 (of 78)

Best time in course: 44:23

Rank in category: 2(of 15)

Best time in the category: 46:25

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos Cat.	Behind Cat.	Pos		Behind	Total		Pos Cat.	Behind Cat.	Total		
	km	Time			min/km	Women		Women	km			Time	min/km	Women
Ilsestein	4.10	24:53	6:04	2	2:08	7	2:54	4.10	24:53	6:04	2	2:08	7	2:54
Loddenke	2.20	10:01	4:33	2	0:50	11	1:25	6.30	34:54	5:32	2	2:58	7	4:15
Ilseburg/Markt	3.30	15:12	4:36	2	0:43	12	1:39	9.60	50:06	5:13	2	3:41	7	5:43