



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: 10.78 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 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	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