



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Suisuwan, Jaruwan

Club: Ilseburg
Number: 793

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 50:15

Speed: 10.75 km/h
Running performance: 5:14 min/km

Rank in course/Total: 57 (of 210)

Rank in course/Women: 8 (of 78)

Best time in course: 44:23

Rank in category: 2(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	25:58	6:19	2	2:08	11	3:59	4.10	25:58	6:19	2	2:08	11	3:59
Loddenke	2.20	9:35	4:21	2	0:59	4	0:59	6.30	35:33	5:38	2	3:07	8	4:54
Ilseburg/Markt	3.30	14:42	4:27	2	1:09	6	1:09	9.60	50:15	5:14	2	4:16	8	5:52