



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Makowitschka, Stephanie

Number: 737

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 50:44

Speed: 10.64 km/h

Running performance: 5:17 min/km

Rank in course/Total: 62 (of 210)

Rank in course/Women: 11 (of 78)

Best time in course: 44:23

Rank in category: 2(of 7)

Best time in the category: 50:17

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	26:02	6:20	3	0:20	12	4:03	4.10	26:02	6:20	3	0:20	12	4:03
Loddenke	2.20	9:47	4:26	1	-	9	1:11	6.30	35:49	5:41	1	-	10	5:10
Ilseburg/Markt	3.30	14:55	4:31	3	0:47	9	1:22	9.60	50:44	5:17	2	0:27	11	6:21