



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Hellmuth, Sophie

Club: Harzer Wölfe  
Number: 684

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 52:12

Speed: 10.34 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 75 (of 210)

Rank in course/Women: 14 (of 78)

Best time in course: 44:23

Rank in category: 3(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     | 27:08      | 6:37         | 3           | 3:18        | 16        | 5:09         | 4.10          | 27:08      | 6:37         | 3        | 3:18        | 16        | 5:09         |
| Loddenke       | 2.20     | 9:59       | 4:32         | 3           | 1:23        | 10        | 1:23         | 6.30          | 37:07      | 5:53         | 3        | 4:41        | 14        | 6:28         |
| Ilseburg/Markt | 3.30     | 15:05      | 4:34         | 3           | 1:32        | 11        | 1:32         | 9.60          | 52:12      | 5:26         | 3        | 6:13        | 14        | 7:49         |