



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<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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            |