



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Seelig, Birgit

Number: 781

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 52:32

Speed: 10.28 km/h

Running performance: 5:28 min/km

Rank in course/Total: 76 (of 210)

Rank in course/Women: 15 (of 78)

Best time in course: 44:23

Rank in category: 2(of 7)

Best time in the category: 44:23

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	26:21	6:25	2	4:22	14	4:22	4.10	26:21	6:25	2	4:22	14	4:22
Loddenke	2.20	10:54	4:57	2	2:14	21	2:18	6.30	37:15	5:54	2	6:36	15	6:36
Ilseburg/Markt	3.30	15:17	4:37	2	1:33	15	1:44	9.60	52:32	5:28	2	8:09	15	8:09