



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Stegemann, Luisa

Club: Braunschweig  
Number: 790

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 53:08

Speed: 10.16 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 83 (of 210)

Rank in course/Women: 17 (of 78)

Best time in course: 44:23

Rank in category: 4(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	27:29	6:42	4	3:39	18	5:30	4.10	27:29	6:42	4	3:39	18	5:30
Loddenke	2.20	10:24	4:43	4	1:48	16	1:48	6.30	37:53	6:00	4	5:27	18	7:14
Ilseburg/Markt	3.30	15:15	4:37	4	1:42	14	1:42	9.60	53:08	5:32	4	7:09	17	8:45