



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Wilharm, Elke

Club: Sylvester-Freunde  
Number: 814

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 54:18

Speed: 9.94 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 91 (of 210)

Rank in course/Women: 19 (of 78)

Best time in course: 44:23

Rank in category: 4(of 15)

Best time in the category: 46:25

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     | 26:35      | 6:29         | 3           | 3:50        | 15        | 4:36         | 4.10          | 26:35      | 6:29         | 3        | 3:50        | 15        | 4:36         |
| Loddenke       | 2.20     | 11:09      | 5:04         | 5           | 1:58        | 25        | 2:33         | 6.30          | 37:44      | 5:59         | 4        | 5:48        | 17        | 7:05         |
| Ilseburg/Markt | 3.30     | 16:34      | 5:01         | 5           | 2:05        | 26        | 3:01         | 9.60          | 54:18      | 5:39         | 4        | 7:53        | 19        | 9:55         |