



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Boekhoff, Maria

Club: Wedemark  
Number: 649

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 55:05

Speed: 9.80 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 96 (of 210)

Rank in course/Women: 21 (of 78)

Best time in course: 44:23

Rank in category: 3(of 6)

Best time in the category: 47:58

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	28:34	6:58	3	4:43	26	6:35	4.10	28:34	6:58	3	4:43	26	6:35
Loddenke	2.20	10:55	4:57	3	1:18	22	2:19	6.30	39:29	6:16	3	6:01	24	8:50
Ilseburg/Markt	3.30	15:36	4:43	3	1:06	18	2:03	9.60	55:05	5:44	3	7:07	21	10:42