



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Ing, Kerstin

Club: Beierstedt
Number: 700

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 56:18

Speed: 9.59 km/h
Running performance: 5:52 min/km

Rank in course/Total: 107 (of 210)

Rank in course/Women: 26 (of 78)

Best time in course: 44:23

Rank in category: 5(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	28:54	7:02	5	6:09	32	6:55	4.10	28:54	7:02	5	6:09	32	6:55
Loddenke	2.20	10:48	4:54	4	1:37	18	2:12	6.30	39:42	6:18	5	7:46	25	9:03
Ilseburg/Markt	3.30	16:36	5:01	6	2:07	27	3:03	9.60	56:18	5:51	5	9:53	26	11:55