



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Witzlack, Isabel

Club: Ilseburg (Harz)
Number: 815

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 57:20

Speed: 10.05 km/h
Running performance: 5:58 min/km

Rank in course/Total: 117 (of 210)

Rank in course/Women: 29 (of 78)

Best time in course: 44:23

Rank in category: 5(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	28:14	6:53	5	4:24	25	6:15	4.10	28:14	6:53	5	4:24	25	6:15
Loddenke	2.20	11:47	5:21	6	3:11	40	3:11	6.30	40:01	6:21	5	7:35	28	9:22
Ilseburg/Markt	3.30	17:19	5:14	6	3:46	36	3:46	9.60	57:20	5:58	5	11:21	29	12:57