



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Illgen, Ilona

Club: Jog n Walk
Number: 698

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 57:24

Speed: 9.41 km/h
Running performance: 5:59 min/km

Rank in course/Total: 119 (of 210)

Rank in course/Women: 30 (of 78)

Best time in course: 44:23

Rank in category: 3(of 11)

Best time in the category: 50:47

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	29:32	7:12	4	3:18	36	7:33	4.10	29:32	7:12	4	3:18	36	7:33
Loddenke	2.20	11:30	5:13	4	1:53	33	2:54	6.30	41:02	6:30	5	5:11	34	10:23
Ilseburg/Markt	3.30	16:22	4:57	2	1:26	22	2:49	9.60	57:24	5:58	3	6:37	30	13:01