



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kneller, Barbara

Club: Hamburg
Number: 712

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 57:30

Speed: 9.39 km/h
Running performance: 5:59 min/km

Rank in course/Total: 120 (of 210)

Rank in course/Women: 31 (of 78)

Best time in course: 44:23

Rank in category: 4(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	28:13	6:52	2	1:59	23	6:14	4.10	28:13	6:52	2	1:59	23	6:14
Loddenke	2.20	12:28	5:39	7	2:51	50	3:52	6.30	40:41	6:27	3	4:50	31	10:02
Ilseburg/Markt	3.30	16:49	5:05	4	1:53	30	3:16	9.60	57:30	5:59	4	6:43	31	13:07