



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schallhorn, Claudia

Club: CrossFitness MTV Bad Bevensen
Number: 773

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 58:05

Speed: 9.30 km/h
Running performance: 6:03 min/km

Rank in course/Total: 126 (of 210)

Rank in course/Women: 33 (of 78)

Best time in course: 44:23

Rank in category: 6(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	29:27	7:10	6	6:42	35	7:28	4.10	29:27	7:10	6	6:42	35	7:28
Loddenke	2.20	11:14	5:06	6	2:03	27	2:38	6.30	40:41	6:27	6	8:45	31	10:02
Ilseburg/Markt	3.30	17:24	5:16	8	2:55	40	3:51	9.60	58:05	6:03	6	11:40	33	13:42