



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hjulmand, Karen

Club: Viby J
Number: 690

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 58:28

Speed: 9.24 km/h
Running performance: 6:05 min/km

Rank in course/Total: 130 (of 210)

Rank in course/Women: 35 (of 78)

Best time in course: 44:23

Rank in category: 1(of 8)

Best time in the category: 58:28

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	28:34	6:58	1	-	26	6:35	4.10	28:34	6:58	1	-	26	6:35
Loddenke	2.20	12:30	5:40	4	1:13	51	3:54	6.30	41:04	6:31	1	-	35	10:25
Ilseburg/Markt	3.30	17:24	5:16	2	0:19	40	3:51	9.60	58:28	6:05	1	-	35	14:05