



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Fries, Sunee

Number: 867

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 58:33

Speed: 9.84 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 133 (of 210)

Rank in course/Women: 37 (of 78)

Best time in course: 44:23

Rank in category: 5(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	29:36	7:13	5	3:22	37	7:37	4.10	29:36	7:13	5	3:22	37	7:37
Loddenke	2.20	11:22	5:09	3	1:45	30	2:46	6.30	40:58	6:30	4	5:07	33	10:19
Ilseburg/Markt	3.30	17:35	5:19	6	2:39	42	4:02	9.60	58:33	6:05	5	7:46	37	14:10