



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Lochau, Mirja

Club: Trail-Runners Oberharz  
Number: 734

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 58:43

Speed: 9.20 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 135 (of 210)

Rank in course/Women: 38 (of 78)

Best time in course: 44:23

Rank in category: 6(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	30:47	7:30	7	4:33	45	8:48	4.10	30:47	7:30	7	4:33	45	8:48
Loddenke	2.20	11:33	5:15	5	1:56	35	2:57	6.30	42:20	6:43	7	6:29	43	11:41
Ilseburg/Markt	3.30	16:23	4:57	3	1:27	23	2:50	9.60	58:43	6:06	6	7:56	38	14:20