



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Kania, Sabine

Club: Laufen rund um Münster  
Number: 703

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 59:04

Speed: 9.14 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 139 (of 210)

Rank in course/Women: 39 (of 78)

Best time in course: 44:23

Rank in category: 7(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	30:03	7:19	7	7:18	39	8:04	4.10	30:03	7:19	7	7:18	39	8:04
Loddenke	2.20	12:51	5:50	10	3:40	56	4:15	6.30	42:54	6:48	7	10:58	47	12:15
Ilseburg/Markt	3.30	16:10	4:53	4	1:41	21	2:37	9.60	59:04	6:09	7	12:39	39	14:41