



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Max, Andrea

Club: NIX tun kann JEDER
Number: 738

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 59:09

Speed: 9.13 km/h
Running performance: 6:10 min/km

Rank in course/Total: 140 (of 210)

Rank in course/Women: 40 (of 78)

Best time in course: 44:23

Rank in category: 2(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	30:47	7:30	3	2:13	45	8:48	4.10	30:47	7:30	3	2:13	45	8:48
Loddenke	2.20	11:17	5:07	1	-	29	2:41	6.30	42:04	6:40	3	1:00	40	11:25
Ilseburg/Markt	3.30	17:05	5:10	1	-	34	3:32	9.60	59:09	6:09	2	0:41	40	14:46