



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Flammiger, Steffi

Club: Running Team Süßmann/Zittau
Number: 668

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 59:46

Speed: 9.04 km/h
Running performance: 6:14 min/km

Rank in course/Total: 145 (of 210)

Rank in course/Women: 42 (of 78)

Best time in course: 44:23

Rank in category: 3(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	30:19	7:23	2	1:45	43	8:20	4.10	30:19	7:23	2	1:45	43	8:20
Loddenke	2.20	11:40	5:18	2	0:23	36	3:04	6.30	41:59	6:39	2	0:55	39	11:20
Ilseburg/Markt	3.30	17:47	5:23	3	0:42	43	4:14	9.60	59:46	6:13	3	1:18	42	15:23