



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lorenz, Jana

Club: Quedlinburg
Number: 735

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:15

Speed: 8.96 km/h
Running performance: 6:17 min/km

Rank in course/Total: 147 (of 210)

Rank in course/Women: 43 (of 78)

Best time in course: 44:23

Rank in category: 7(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	30:03	7:19	6	3:49	39	8:04	4.10	30:03	7:19	6	3:49	39	8:04
Loddenke	2.20	12:08	5:30	6	2:31	46	3:32	6.30	42:11	6:41	6	6:20	42	11:32
Ilseburg/Markt	3.30	18:04	5:28	8	3:08	47	4:31	9.60	1:00:15	6:16	7	9:28	43	15:52