



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 |