



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Zedler, Tina

Number: 820

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:34

Speed: 8.92 km/h

Running performance: 6:19 min/km

Rank in course/Total: 151 (of 210)

Rank in course/Women: 46 (of 78)

Best time in course: 44:23

Rank in category: 6(of 7)

Best time in the category: 50:17

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	31:01	7:33	6	5:19	47	9:02	4.10	31:01	7:33	6	5:19	47	9:02
Loddenke	2.20	11:27	5:12	5	1:40	31	2:51	6.30	42:28	6:44	6	6:39	44	11:49
Ilseburg/Markt	3.30	18:06	5:29	6	3:58	50	4:33	9.60	1:00:34	6:18	6	10:17	46	16:11