



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schimpf, Ines

Number: 850

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:55

Speed: 8.86 km/h

Running performance: 6:21 min/km

Rank in course/Total: 153 (of 210)

Rank in course/Women: 47 (of 78)

Best time in course: 44:23

Rank in category: 8(of 15)

Best time in the category: 46:25

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	32:03	7:49	11	9:18	57	10:04	4.10	32:03	7:49	11	9:18	57	10:04
Loddenke	2.20	11:43	5:19	7	2:32	38	3:07	6.30	43:46	6:56	9	11:50	50	13:07
Ilseburg/Markt	3.30	17:09	5:11	7	2:40	35	3:36	9.60	1:00:55	6:20	8	14:30	47	16:32