



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Thamm, Ines

Club: SV 1916 Beuna
Number: 797

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:02:15

Speed: 8.67 km/h
Running performance: 6:29 min/km

Rank in course/Total: 158 (of 210)

Rank in course/Women: 49 (of 78)

Best time in course: 44:23

Rank in category: 9(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	31:36	7:42	8	8:51	51	9:37	4.10	31:36	7:42	8	8:51	51	9:37
Loddenke	2.20	12:09	5:31	9	2:58	48	3:33	6.30	43:45	6:56	8	11:49	49	13:06
Ilseburg/Markt	3.30	18:30	5:36	10	4:01	58	4:57	9.60	1:02:15	6:29	9	15:50	49	17:52