



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Reinhold, Lisa

Club: Wernigerode  
Number: 763

Course: 9.60 km  
9,6 km - Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 1:02:20

Speed: 8.66 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 160 (of 210)

Rank in course/Women: 50 (of 78)

Best time in course: 44:23

Rank in category: 9(of 11)

Best time in the category: 45:59

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	31:18	7:38	10	7:28	50	9:19	4.10	31:18	7:38	10	7:28	50	9:19
Loddenke	2.20	12:40	5:45	9	4:04	53	4:04	6.30	43:58	6:58	10	11:32	51	13:19
Ilseburg/Markt	3.30	18:22	5:33	10	4:49	55	4:49	9.60	1:02:20	6:29	9	16:21	50	17:57