



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wagner, Sandra

Club: CRAZY RUNNERS HALBERSTADT
Number: 808

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:22

Speed: 8.66 km/h
Running performance: 6:30 min/km

Rank in course/Total: 161 (of 210)

Rank in course/Women: 51 (of 78)

Best time in course: 44:23

Rank in category: 8(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	31:42	7:43	8	5:28	53	9:43	4.10	31:42	7:43	8	5:28	53	9:43
Loddenke	2.20	12:37	5:44	8	3:00	52	4:01	6.30	44:19	7:02	8	8:28	53	13:40
Ilseburg/Markt	3.30	18:03	5:28	7	3:07	46	4:30	9.60	1:02:22	6:29	8	11:35	51	17:59