



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Bendig, Bärbel

Club: SV 1916 Beuna
Number: 646

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:03:29

Speed: 8.51 km/h
Running performance: 6:37 min/km

Rank in course/Total: 165 (of 210)

Rank in course/Women: 53 (of 78)

Best time in course: 44:23

Rank in category: 11(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	31:38	7:42	9	8:53	52	9:39	4.10	31:38	7:42	9	8:53	52	9:39
Loddenke	2.20	13:12	5:59	12	4:01	60	4:36	6.30	44:50	7:06	11	12:54	54	14:11
Ilseburg/Markt	3.30	18:39	5:39	11	4:10	59	5:06	9.60	1:03:29	6:36	11	17:04	53	19:06