



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Vollmer, Alexandra

Number: 806

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:03:35

Speed: 9.06 km/h

Running performance: 6:37 min/km

Rank in course/Total: 168 (of 210)

Rank in course/Women: 55 (of 78)

Best time in course: 44:23

Rank in category: 9(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	31:51	7:46	9	5:37	54	9:52	4.10	31:51	7:46	9	5:37	54	9:52
Loddenke	2.20	13:32	6:09	9	3:55	62	4:56	6.30	45:23	7:12	9	9:32	56	14:44
Ilseburg/Markt	3.30	18:12	5:30	9	3:16	52	4:39	9.60	1:03:35	6:37	9	12:48	55	19:12