



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Rode, Lisa

Club: Sülzetal
Number: 830

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 1:04:00

Speed: 8.44 km/h
Running performance: 6:40 min/km

Rank in course/Total: 169 (of 210)

Rank in course/Women: 57 (of 78)

Best time in course: 44:23

Rank in category: 11(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	32:53	8:01	11	9:03	61	10:54	4.10	32:53	8:01	11	9:03	61	10:54
Loddenke	2.20	13:03	5:55	10	4:27	58	4:27	6.30	45:56	7:17	11	13:30	60	15:17
Ilseburg/Markt	3.30	18:04	5:28	8	4:31	47	4:31	9.60	1:04:00	6:40	11	18:01	57	19:37