



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Heßler, Beate

Club: LGV Marathon Giessen  
Number: 687

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:04:04

Speed: 8.43 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 170 (of 210)

Rank in course/Women: 58 (of 78)

Best time in course: 44:23

Rank in category: 5(of 8)

Best time in the category: 58:28

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ilsestein      | 4.10        | 33:16         | 8:06            | 5           | 4:42           | 62           | 11:17           | 4.10          | 33:16         | 8:06            | 5           | 4:42           | 62           | 11:17           |
| Loddenke       | 2.20        | 12:44         | 5:47            | 5           | 1:27           | 54           | 4:08            | 6.30          | 46:00         | 7:18            | 5           | 4:56           | 61           | 15:21           |
| Ilseburg/Markt | 3.30        | 18:04         | 5:28            | 5           | 0:59           | 47           | 4:31            | 9.60          | 1:04:04       | 6:40            | 5           | 5:36           | 58           | 19:41           |