



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 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	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