



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Pranz, Susann

Club: Hemmingen  
Number: 838

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:04:08

Speed: 8.42 km/h  
Running performance: 6:41 min/km

Rank in course/Total: 171 (of 210)

Rank in course/Women: 59 (of 78)

Best time in course: 44:23

Rank in category: 4(of 6)

Best time in the category: 47:58

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	31:58	7:47	4	8:07	55	9:59	4.10	31:58	7:47	4	8:07	55	9:59
Loddenke	2.20	13:51	6:17	6	4:14	65	5:15	6.30	45:49	7:16	4	12:21	58	15:10
Ilseburg/Markt	3.30	18:19	5:33	4	3:49	54	4:46	9.60	1:04:08	6:40	4	16:10	59	19:45