



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Ernst, Daniela

Club: Touren Harz
Number: 860

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:10

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

Rank in course/Total: 172 (of 210)

Rank in course/Women: 60 (of 78)

Best time in course: 44:23

Rank in category: 7(of 7)

Best time in the category: 50:17

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	31:08	7:35	7	5:26	48	9:09	4.10	31:08	7:35	7	5:26	48	9:09
Loddenke	2.20	13:59	6:21	7	4:12	67	5:23	6.30	45:07	7:09	7	9:18	55	14:28
Ilseburg/Markt	3.30	19:03	5:46	7	4:55	62	5:30	9.60	1:04:10	6:41	7	13:53	60	19:47