



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schwarze, Rita

Club: Hannover 96 Triathlon
Number: 840

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:04:29

Speed: 8.37 km/h
Running performance: 6:43 min/km

Rank in course/Total: 175 (of 210)

Rank in course/Women: 61 (of 78)

Best time in course: 44:23

Rank in category: 6(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	34:01	8:17	6	5:27	67	12:02	4.10	34:01	8:17	6	5:27	67	12:02
Loddenke	2.20	12:03	5:28	3	0:46	43	3:27	6.30	46:04	7:18	6	5:00	62	15:25
Ilseburg/Markt	3.30	18:25	5:34	6	1:20	56	4:52	9.60	1:04:29	6:43	6	6:01	61	20:06