



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wadehn, Martina

Club: Ilseburg
Number: 807

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:29

Speed: 8.25 km/h
Running performance: 6:49 min/km

Rank in course/Total: 181 (of 210)

Rank in course/Women: 63 (of 78)

Best time in course: 44:23

Rank in category: 5(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	33:30	8:10	5	9:39	64	11:31	4.10	33:30	8:10	5	9:39	64	11:31
Loddenke	2.20	12:23	5:37	4	2:46	49	3:47	6.30	45:53	7:16	5	12:25	59	15:14
Ilseburg/Markt	3.30	19:36	5:56	5	5:06	66	6:03	9.60	1:05:29	6:49	5	17:31	63	21:06