



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kirchhof, Sabine

Club: LGV Marathon Giessen
Number: 707

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:06:14

Speed: 8.15 km/h
Running performance: 6:54 min/km

Rank in course/Total: 182 (of 210)

Rank in course/Women: 64 (of 78)

Best time in course: 44:23

Rank in category: 3(of 4)

Best time in the category: 57:49

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	33:41	8:12	3	4:26	66	11:42	4.10	33:41	8:12	3	4:26	66	11:42
Loddenke	2.20	13:21	6:04	3	2:08	61	4:45	6.30	47:02	7:27	3	6:34	65	16:23
Ilseburg/Markt	3.30	19:12	5:49	3	1:51	63	5:39	9.60	1:06:14	6:53	3	8:25	64	21:51