



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wolter, Gabriele

Club: LLG Springe
Number: 819

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:06:28

Speed: 8.12 km/h
Running performance: 6:55 min/km

Rank in course/Total: 185 (of 210)

Rank in course/Women: 66 (of 78)

Best time in course: 44:23

Rank in category: 12(of 15)

Best time in the category: 46:25

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	32:19	7:52	12	9:34	58	10:20	4.10	32:19	7:52	12	9:34	58	10:20
Loddenke	2.20	14:34	6:37	14	5:23	71	5:58	6.30	46:53	7:26	12	14:57	64	16:14
Ilseburg/Markt	3.30	19:35	5:56	12	5:06	65	6:02	9.60	1:06:28	6:55	12	20:03	66	22:05