



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Morgenstern, Manuela

Club: SV 1916 Beuna
Number: 743

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:07:57

Speed: 8.48 km/h
Running performance: 7:05 min/km

Rank in course/Total: 188 (of 210)

Rank in course/Women: 67 (of 78)

Best time in course: 44:23

Rank in category: 7(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	34:28	8:24	7	5:54	68	12:29	4.10	34:28	8:24	7	5:54	68	12:29
Loddenke	2.20	14:00	6:21	7	2:43	68	5:24	6.30	48:28	7:41	7	7:24	68	17:49
Ilseburg/Markt	3.30	19:29	5:54	7	2:24	64	5:56	9.60	1:07:57	7:04	7	9:29	67	23:34