



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Platikanova, Slava

Number: 757

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:10:32

Speed: 7.66 km/h

Running performance: 7:21 min/km

Rank in course/Total: 195 (of 210)

Rank in course/Women: 71 (of 78)

Best time in course: 44:23

Rank in category: 6(of 6)

Best time in the category: 47:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	35:55	8:45	6	12:04	72	13:56	4.10	35:55	8:45	6	12:04	72	13:56
Loddenke	2.20	13:35	6:10	5	3:58	63	4:59	6.30	49:30	7:51	6	16:02	71	18:51
Ilseburg/Markt	3.30	21:02	6:22	6	6:32	74	7:29	9.60	1:10:32	7:20	6	22:34	71	26:09