



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Friese, Beate

Number: 866

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:12:04

Speed: 7.99 km/h

Running performance: 7:31 min/km

Rank in course/Total: 197 (of 210)

Rank in course/Women: 72 (of 78)

Best time in course: 44:23

Rank in category: 10(of 11)

Best time in the category: 50:47

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	37:12	9:04	10	10:58	74	15:13	4.10	37:12	9:04	10	10:58	74	15:13
Loddenke	2.20	14:07	6:24	10	4:30	69	5:31	6.30	51:19	8:08	10	15:28	73	20:40
Ilseburg/Markt	3.30	20:45	6:17	10	5:49	71	7:12	9.60	1:12:04	7:30	10	21:17	72	27:41