



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sempert, Marianne

Club: Laufschnule Scuol / OLG Cordoba
Number: 784

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:12:13

Speed: 7.48 km/h
Running performance: 7:31 min/km

Rank in course/Total: 199 (of 210)

Rank in course/Women: 73 (of 78)

Best time in course: 44:23

Rank in category: 4(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	37:32	9:09	4	8:17	75	15:33	4.10	37:32	9:09	4	8:17	75	15:33
Loddenke	2.20	14:41	6:40	4	3:28	72	6:05	6.30	52:13	8:17	4	11:45	74	21:34
Ilseburg/Markt	3.30	20:00	6:03	4	2:39	67	6:27	9.60	1:12:13	7:31	4	14:24	73	27:50