



49. Brockenlauf
Ilsenburg / 07.09.2019

Detailed evaluation

Woelke, Ilona

Club: TSV Salzgitter
Number: 816

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:13:03

Speed: 7.89 km/h
Running performance: 7:37 min/km

Rank in course/Total: 201 (of 210)

Rank in course/Women: 74 (of 78)

Best time in course: 44:23

Rank in category: 1(of 1)

Best time in the category: 1:13:03

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	36:58	9:00	1	-	73	14:59	4.10	36:58	9:00	1	-	73	14:59
Loddenke	2.20	15:26	7:00	1	-	74	6:50	6.30	52:24	8:19	1	-	75	21:45
Ilsenburg/Markt	3.30	20:39	6:15	1	-	70	7:06	9.60	1:13:03	7:36	1	-	74	28:40