



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dokupil, Dagmar

Club: LGV Marathon Giessen
Number: 756

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:20:03

Speed: 7.20 km/h
Running performance: 8:20 min/km

Rank in course/Total: 206 (of 210)

Rank in course/Women: 77 (of 78)

Best time in course: 44:23

Rank in category: 8(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	39:38	9:40	8	11:04	77	17:39	4.10	39:38	9:40	8	11:04	77	17:39
Loddenke	2.20	17:14	7:49	8	5:57	77	8:38	6.30	56:52	9:01	8	15:48	77	26:13
Ilseburg/Markt	3.30	23:11	7:01	8	6:06	75	9:38	9.60	1:20:03	8:20	8	21:35	77	35:40