



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Romeike, Jessica

Club: Seevetal
Number: 766

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:20:57

Speed: 7.12 km/h
Running performance: 8:26 min/km

Rank in course/Total: 207 (of 210)

Rank in course/Women: 78 (of 78)

Best time in course: 44:23

Rank in category: 7(of 7)

Best time in the category: 44:23

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	40:11	9:48	7	18:12	78	18:12	4.10	40:11	9:48	7	18:12	78	18:12
Loddenke	2.20	17:31	7:57	7	8:51	78	8:55	6.30	57:42	9:09	7	27:03	78	27:03
Ilseburg/Markt	3.30	23:15	7:02	7	9:31	76	9:42	9.60	1:20:57	8:25	7	36:34	78	36:34