



48. Brockenlauf
Ilsenburg / 01.09.2018

Detailed evaluation

Gröger, Jana

Club: Ganderkesee
Number: 875

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 34:49

Speed: 5.17 km/h
Running performance: 8:56 min/km

Rank in course/Total: 42 (of 43)
Rank in course/Women: 20 (of 21)
Best time in course: 16:30

Rank in category: 5(of 5)
Best time in the category: 22:13

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
Prinzess Ilse Que	1.90	18:57	9:58	5	7:24	20	10:34	1.90	18:57	9:58	5	7:24	20	10:34
Ilsenburg/Markt	2.00	15:52	7:56	5	5:12	20	7:45	3.90	34:49	8:55	5	12:36	20	18:19