



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hartmann, Frederike

Club: Wernigerode
Number: 860

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 49:07

Speed: 11.73 km/h
Running performance: 5:07 min/km

Rank in course/Total: 48 (of 230)

Rank in course/Women: 5 (of 94)

Best time in course: 42:41

Rank in category: 2(of 13)

Best time in the category: 42:41

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	24:59	6:05	2	4:13	7	4:13	4.10	24:59	6:05	2	4:13	7	4:13
Loddenke	2.20	9:36	4:21	2	1:05	6	1:12	6.30	34:35	5:29	2	5:18	5	5:18
Ilseburg/Markt	3.30	14:32	4:24	2	1:08	7	1:35	9.60	49:07	5:06	2	6:26	5	6:26