



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Ruhstrat, Daniela

Club: Friedland
Number: 833

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 49:17

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 51 (of 230)

Rank in course/Women: 6 (of 94)

Best time in course: 42:41

Rank in category: 1(of 11)

Best time in the category: 49:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Ilsestein	4.10	24:51	6:03	2	0:22	6	4:05	4.10	24:51	6:03	2	0:22	6	4:05
Loddenke	2.20	10:09	4:36	3	0:21	11	1:45	6.30	35:00	5:33	1	-	6	5:43
Ilseburg/Markt	3.30	14:17	4:19	1	-	5	1:20	9.60	49:17	5:08	1	-	6	6:36