



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hellmuth, Sophie

Club: Magdeburg
Number: 1198

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 50:05

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 55 (of 230)

Rank in course/Women: 7 (of 94)

Best time in course: 42:41

Rank in category: 1(of 11)

Best time in the category: 50:05

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	26:58	6:34	2	0:33	16	6:12	4.10	26:58	6:34	2	0:33	16	6:12
Loddenke	2.20	9:10	4:09	1	-	4	0:46	6.30	36:08	5:44	1	-	11	6:51
Ilseburg/Markt	3.30	13:57	4:13	1	-	4	1:00	9.60	50:05	5:13	1	-	7	7:24