



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Makowitschka, Stephanie

Club: Siptenfelde
Number: 826

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 50:06

Speed: 10.78 km/h
Running performance: 5:13 min/km

Rank in course/Total: 56 (of 230)

Rank in course/Women: 8 (of 94)

Best time in course: 42:41

Rank in category: 3(of 9)

Best time in the category: 43:57

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	25:24	6:11	3	2:57	8	4:38	4.10	25:24	6:11	3	2:57	8	4:38
Loddenke	2.20	9:49	4:27	3	1:16	8	1:25	6.30	35:13	5:35	3	4:13	7	5:56
Ilseburg/Markt	3.30	14:53	4:30	3	1:56	9	1:56	9.60	50:06	5:13	3	6:09	8	7:25