



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sammons, Rosanna Penelope

Club: Berlin
Number: 745

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 53:08

Speed: 10.16 km/h
Running performance: 5:32 min/km

Rank in course/Total: 79 (of 230)

Rank in course/Women: 14 (of 94)

Best time in course: 42:41

Rank in category: 3(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	27:25	6:41	4	1:00	22	6:39	4.10	27:25	6:41	4	1:00	22	6:39
Loddenke	2.20	10:21	4:42	2	1:11	14	1:57	6.30	37:46	5:59	3	1:38	18	8:29
Ilseburg/Markt	3.30	15:22	4:39	3	1:25	12	2:25	9.60	53:08	5:32	3	3:03	14	10:27