



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bartels, Nicole

Club: Helmstedt
Number: 870

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 53:45

Speed: 10.05 km/h
Running performance: 5:36 min/km

Rank in course/Total: 84 (of 230)
Rank in course/Women: 19 (of 94)
Best time in course: 42:41

Rank in category: 2(of 9)
Best time in the category: 43:51

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	27:00	6:35	2	5:04	17	6:14	4.10	27:00	6:35	2	5:04	17	6:14
Loddenke	2.20	11:11	5:04	3	2:47	27	2:47	6.30	38:11	6:03	2	7:51	20	8:54
Ilseburg/Markt	3.30	15:34	4:43	2	2:03	15	2:37	9.60	53:45	5:35	2	9:54	19	11:04