



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Wolsing, Ann-Cathrin

Club: Braunschweig
Number: 796

Course: 9.60 km
9,6 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 54:20

Speed: 9.94 km/h
Running performance: 5:40 min/km

Rank in course/Total: 93 (of 230)

Rank in course/Women: 23 (of 94)

Best time in course: 42:41

Rank in category: 5(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	27:06	6:36	3	0:41	18	6:20	4.10	27:06	6:36	3	0:41	18	6:20
Loddenke	2.20	11:14	5:06	7	2:04	28	2:50	6.30	38:20	6:05	4	2:12	22	9:03
Ilseburg/Markt	3.30	16:00	4:50	6	2:03	26	3:03	9.60	54:20	5:39	5	4:15	23	11:39