



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Diekhaus, Christine

Club: LC Solbad Ravensberg  
Number: 645

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 55:39

Speed: 9.70 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 104 (of 230)

Rank in course/Women: 28 (of 94)

Best time in course: 42:41

Rank in category: 1(of 7)

Best time in the category: 55:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	28:58	7:03	1	-	34	8:12	4.10	28:58	7:03	1	-	34	8:12
Loddenke	2.20	11:17	5:07	1	-	31	2:53	6.30	40:15	6:23	1	-	33	10:58
Ilseburg/Markt	3.30	15:24	4:40	1	-	13	2:27	9.60	55:39	5:47	1	-	28	12:58