



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bluhm-Weinhold, Annemarie

Club: LC Solbad Ravensberg
Number: 638

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 55:40

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

Rank in course/Total: 105 (of 230)

Rank in course/Women: 29 (of 94)

Best time in course: 42:41

Rank in category: 5(of 11)

Best time in the category: 49:17

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	27:58	6:49	5	3:29	27	7:12	4.10	27:58	6:49	5	3:29	27	7:12
Loddenke	2.20	11:49	5:22	6	2:01	40	3:25	6.30	39:47	6:18	6	4:47	30	10:30
Ilseburg/Markt	3.30	15:53	4:48	5	1:36	22	2:56	9.60	55:40	5:47	5	6:23	29	12:59