



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Ing, Kerstin

Club: Beierstedt
Number: 683

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 55:57

Speed: 9.65 km/h
Running performance: 5:50 min/km

Rank in course/Total: 107 (of 230)

Rank in course/Women: 30 (of 94)

Best time in course: 42:41

Rank in category: 4(of 20)

Best time in the category: 53:22

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	28:14	6:53	4	1:26	29	7:28	4.10	28:14	6:53	4	1:26	29	7:28
Loddenke	2.20	11:04	5:01	3	0:54	24	2:40	6.30	39:18	6:14	4	2:06	26	10:01
Ilseburg/Markt	3.30	16:39	5:02	4	0:36	36	3:42	9.60	55:57	5:49	4	2:35	30	13:16