



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Simon, Susanne

Club: Northeim  
Number: 780

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 57:09

Speed: 9.45 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 116 (of 230)

Rank in course/Women: 32 (of 94)

Best time in course: 42:41

Rank in category: 5(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	28:48	7:01	5	2:00	32	8:02	4.10	28:48	7:01	5	2:00	32	8:02
Loddenke	2.20	11:29	5:13	7	1:19	36	3:05	6.30	40:17	6:23	5	3:05	34	11:00
Ilseburg/Markt	3.30	16:52	5:06	6	0:49	40	3:55	9.60	57:09	5:57	5	3:47	32	14:28