



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Donath, Claudia

Club: SV 1916 Beuna  
Number: 802

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 57:54

Speed: 9.95 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 125 (of 230)

Rank in course/Women: 36 (of 94)

Best time in course: 42:41

Rank in category: 7(of 11)

Best time in the category: 49:17

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ilsestein      | 4.10        | 28:37         | 6:58            | 7           | 4:08           | 31           | 7:51            | 4.10          | 28:37         | 6:58            | 7           | 4:08           | 31           | 7:51            |
| Loddenke       | 2.20        | 12:13         | 5:33            | 7           | 2:25           | 47           | 3:49            | 6.30          | 40:50         | 6:28            | 8           | 5:50           | 38           | 11:33           |
| Ilseburg/Markt | 3.30        | 17:04         | 5:10            | 7           | 2:47           | 41           | 4:07            | 9.60          | 57:54         | 6:01            | 7           | 8:37           | 36           | 15:13           |