



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Schallhorn, Claudia

Club: CrossFitness MTV Bad Bevensen  
Number: 749

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 58:30

Speed: 9.85 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 129 (of 230)

Rank in course/Women: 38 (of 94)

Best time in course: 42:41

Rank in category: 6(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	29:33	7:12	6	2:45	39	8:47	4.10	29:33	7:12	6	2:45	39	8:47
Loddenke	2.20	11:22	5:09	6	1:12	34	2:58	6.30	40:55	6:29	6	3:43	39	11:38
Ilseburg/Markt	3.30	17:35	5:19	7	1:32	48	4:38	9.60	58:30	6:05	6	5:08	38	15:49