



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Schwarze, Rita

Club: Hannover
Number: 1201

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 59:46

Speed: 9.64 km/h
Running performance: 6:14 min/km

Rank in course/Total: 138 (of 230)

Rank in course/Women: 44 (of 94)

Best time in course: 42:41

Rank in category: 7(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	31:41	7:43	7	4:53	54	10:55	4.10	31:41	7:43	7	4:53	54	10:55
Loddenke	2.20	11:15	5:06	5	1:05	30	2:51	6.30	42:56	6:48	7	5:44	46	13:39
Ilseburg/Markt	3.30	16:50	5:06	5	0:47	38	3:53	9.60	59:46	6:13	7	6:24	44	17:05