



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Maik, Dörge

Club: Elbingerode
Number: 859

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:09

Speed: 8.98 km/h
Running performance: 6:16 min/km

Rank in course/Total: 143 (of 230)

Rank in course/Women: 45 (of 94)

Best time in course: 42:41

Rank in category: 5(of 9)

Best time in the category: 43:57

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	30:55	7:32	5	8:28	49	10:09	4.10	30:55	7:32	5	8:28	49	10:09
Loddenke	2.20	11:28	5:12	4	2:55	35	3:04	6.30	42:23	6:43	5	11:23	44	13:06
Ilseburg/Markt	3.30	17:46	5:23	6	4:49	52	4:49	9.60	1:00:09	6:15	5	16:12	45	17:28