



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Pranz, Susann

Club: Hemmingen
Number: 1202

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:26

Speed: 8.94 km/h
Running performance: 6:18 min/km

Rank in course/Total: 144 (of 230)

Rank in course/Women: 46 (of 94)

Best time in course: 42:41

Rank in category: 8(of 13)

Best time in the category: 42:41

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	31:44	7:44	10	10:58	56	10:58	4.10	31:44	7:44	10	10:58	56	10:58
Loddenke	2.20	12:00	5:27	7	3:29	43	3:36	6.30	43:44	6:56	9	14:27	52	14:27
Ilseburg/Markt	3.30	16:42	5:03	7	3:18	37	3:45	9.60	1:00:26	6:17	8	17:45	46	17:45