



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Flammiger, Steffi

Club: Running Team Süßmann/Zittau
Number: 655

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:01:07

Speed: 8.84 km/h
Running performance: 6:22 min/km

Rank in course/Total: 152 (of 230)

Rank in course/Women: 49 (of 94)

Best time in course: 42:41

Rank in category: 3(of 7)

Best time in the category: 55:39

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	30:49	7:30	3	1:51	48	10:03	4.10	30:49	7:30	3	1:51	48	10:03
Loddenke	2.20	12:10	5:31	4	0:53	46	3:46	6.30	42:59	6:49	3	2:44	47	13:42
Ilseburg/Markt	3.30	18:08	5:29	4	2:44	58	5:11	9.60	1:01:07	6:21	3	5:28	49	18:26