



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Fritsche, Simone

Club: Wernigerode
Number: 809

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:18

Speed: 9.40 km/h
Running performance: 6:23 min/km

Rank in course/Total: 155 (of 230)

Rank in course/Women: 51 (of 94)

Best time in course: 42:41

Rank in category: 8(of 11)

Best time in the category: 49:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	31:51	7:46	9	7:22	58	11:05	4.10	31:51	7:46	9	7:22	58	11:05
Loddenke	2.20	11:38	5:17	5	1:50	39	3:14	6.30	43:29	6:54	9	8:29	49	14:12
Ilseburg/Markt	3.30	17:49	5:23	8	3:32	53	4:52	9.60	1:01:18	6:23	8	12:01	51	18:37