



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hesse, Steffi

Club: Schlanstedt
Number: 680

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:02:11

Speed: 8.68 km/h
Running performance: 6:29 min/km

Rank in course/Total: 166 (of 230)

Rank in course/Women: 56 (of 94)

Best time in course: 42:41

Rank in category: 5(of 9)

Best time in the category: 43:51

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	31:30	7:40	6	9:34	53	10:44	4.10	31:30	7:40	6	9:34	53	10:44
Loddenke	2.20	12:33	5:42	5	4:09	55	4:09	6.30	44:03	6:59	5	13:43	55	14:46
Ilseburg/Markt	3.30	18:08	5:29	5	4:37	58	5:11	9.60	1:02:11	6:28	5	18:20	56	19:30