



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Einecke, Gesine

Club: LG Konradsburg 90
Number: 650

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:04:03

Speed: 8.43 km/h
Running performance: 6:40 min/km

Rank in course/Total: 182 (of 230)

Rank in course/Women: 65 (of 94)

Best time in course: 42:41

Rank in category: 10(of 11)

Best time in the category: 49:17

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	32:24	7:54	10	7:55	67	11:38	4.10	32:24	7:54	10	7:55	67	11:38
Loddenke	2.20	13:10	5:59	10	3:22	66	4:46	6.30	45:34	7:13	11	10:34	66	16:17
Ilseburg/Markt	3.30	18:29	5:36	9	4:12	67	5:32	9.60	1:04:03	6:40	10	14:46	65	21:22