



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Knoche, Conny

Club: SV 1916 Beuna
Number: 822

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:04:09

Speed: 8.98 km/h
Running performance: 6:41 min/km

Rank in course/Total: 184 (of 230)

Rank in course/Women: 67 (of 94)

Best time in course: 42:41

Rank in category: 11(of 20)

Best time in the category: 53:22

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	32:21	7:53	10	5:33	65	11:35	4.10	32:21	7:53	10	5:33	65	11:35
Loddenke	2.20	13:44	6:14	11	3:34	72	5:20	6.30	46:05	7:18	11	8:53	68	16:48
Ilseburg/Markt	3.30	18:04	5:28	9	2:01	56	5:07	9.60	1:04:09	6:40	11	10:47	67	21:28