



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Wilhelms, Heike

Club: GZBW-Runners
Number: 793

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 1:04:14

Speed: 8.97 km/h
Running performance: 6:41 min/km

Rank in course/Total: 185 (of 230)

Rank in course/Women: 68 (of 94)

Best time in course: 42:41

Rank in category: 5(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	32:27	7:54	5	3:29	68	11:41	4.10	32:27	7:54	5	3:29	68	11:41
Loddenke	2.20	13:06	5:57	5	1:49	61	4:42	6.30	45:33	7:13	5	5:18	64	16:16
Ilseburg/Markt	3.30	18:41	5:39	5	3:17	71	5:44	9.60	1:04:14	6:41	5	8:35	68	21:33