



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Rode-Merkel, Stephanie

Club: GZBW-Runners
Number: 741

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:04:15

Speed: 8.40 km/h
Running performance: 6:41 min/km

Rank in course/Total: 186 (of 230)

Rank in course/Women: 69 (of 94)

Best time in course: 42:41

Rank in category: 11(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	32:27	7:54	11	7:58	68	11:41	4.10	32:27	7:54	11	7:58	68	11:41
Loddenke	2.20	13:06	5:57	9	3:18	61	4:42	6.30	45:33	7:13	10	10:33	64	16:16
Ilseburg/Markt	3.30	18:42	5:40	10	4:25	72	5:45	9.60	1:04:15	6:41	11	14:58	69	21:34