



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Krengel, Janine

Club: Wolfsburg
Number: 701

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:20

Speed: 8.95 km/h
Running performance: 6:42 min/km

Rank in course/Total: 187 (of 230)

Rank in course/Women: 70 (of 94)

Best time in course: 42:41

Rank in category: 7(of 9)

Best time in the category: 43:57

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	32:30	7:55	7	10:03	70	11:44	4.10	32:30	7:55	7	10:03	70	11:44
Loddenke	2.20	13:39	6:12	7	5:06	69	5:15	6.30	46:09	7:19	7	15:09	72	16:52
Ilseburg/Markt	3.30	18:11	5:30	7	5:14	60	5:14	9.60	1:04:20	6:42	7	20:23	70	21:39