



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Kade, Doreen

Club: Für Tilda
Number: 688

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:08

Speed: 8.29 km/h
Running performance: 6:47 min/km

Rank in course/Total: 195 (of 230)

Rank in course/Women: 74 (of 94)

Best time in course: 42:41

Rank in category: 8(of 9)

Best time in the category: 43:51

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	33:31	8:10	8	11:35	76	12:45	4.10	33:31	8:10	8	11:35	76	12:45
Loddenke	2.20	12:36	5:43	6	4:12	58	4:12	6.30	46:07	7:19	6	15:47	69	16:50
Ilseburg/Markt	3.30	19:01	5:45	8	5:30	76	6:04	9.60	1:05:08	6:47	8	21:17	74	22:27