



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Döring, Anke

Club: GZBW-Runners
Number: 648

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:05:20

Speed: 8.82 km/h
Running performance: 6:49 min/km

Rank in course/Total: 196 (of 230)

Rank in course/Women: 75 (of 94)

Best time in course: 42:41

Rank in category: 12(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	32:46	7:59	12	5:58	71	12:00	4.10	32:46	7:59	12	5:58	71	12:00
Loddenke	2.20	14:07	6:24	13	3:57	75	5:43	6.30	46:53	7:26	12	9:41	74	17:36
Ilseburg/Markt	3.30	18:27	5:35	13	2:24	66	5:30	9.60	1:05:20	6:48	12	11:58	75	22:39