



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Michel-Lauter, Beate

Club: Bochum
Number: 719

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:07:44

Speed: 7.97 km/h
Running performance: 7:04 min/km

Rank in course/Total: 202 (of 230)

Rank in course/Women: 77 (of 94)

Best time in course: 42:41

Rank in category: 13(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	35:26	8:38	17	8:38	83	14:40	4.10	35:26	8:38	17	8:38	83	14:40
Loddenke	2.20	13:58	6:20	12	3:48	73	5:34	6.30	49:24	7:50	15	12:12	81	20:07
Ilseburg/Markt	3.30	18:20	5:33	11	2:17	63	5:23	9.60	1:07:44	7:03	13	14:22	77	25:03