



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

**Salo, Maria**

Club: Walldorf  
Number: 744

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:13:30

Speed: 7.84 km/h  
Running performance: 7:40 min/km

Rank in course/Total: 220 (of 230)

Rank in course/Women: 88 (of 94)

Best time in course: 42:41

Rank in category: 13(of 13)

Best time in the category: 42:41

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Stage score |                |              |                 | Total ranking |               |                 |             |                |              |                 |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                |             |               |                 | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Ilsestein      | 4.10        | 36:38         | 8:56            | 13          | 15:52          | 88           | 15:52           | 4.10          | 36:38         | 8:56            | 13          | 15:52          | 88           | 15:52           |
| Loddenke       | 2.20        | 15:17         | 6:56            | 13          | 6:46           | 85           | 6:53            | 6.30          | 51:55         | 8:14            | 13          | 22:38          | 88           | 22:38           |
| Ilseburg/Markt | 3.30        | 21:35         | 6:32            | 13          | 8:11           | 88           | 8:38            | 9.60          | 1:13:30       | 7:39            | 13          | 30:49          | 88           | 30:49           |