



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sempert, Marianne

Club: Laufschnule Scuol / OLG Cordoba
Number: 776

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:14:37

Speed: 7.24 km/h
Running performance: 7:46 min/km

Rank in course/Total: 222 (of 230)

Rank in course/Women: 90 (of 94)

Best time in course: 42:41

Rank in category: 5(of 6)

Best time in the category: 1:00:42

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	38:54	9:29	6	8:51	92	18:08	4.10	38:54	9:29	6	8:51	92	18:08
Loddenke	2.20	15:40	7:07	5	3:50	86	7:16	6.30	54:34	8:39	5	11:21	90	25:17
Ilseburg/Markt	3.30	20:03	6:04	5	2:48	82	7:06	9.60	1:14:37	7:46	5	13:55	90	31:56