



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Mork, Carolin

Club: Hameln
Number: 272

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 3:10:03

Speed: 8.27 km/h
Running performance: 7:15 min/km

Rank in course/Total: 428 (of 506)

Rank in course/Women: 64 (of 90)

Best time in course: 2:00:04

Rank in category: 6(of 6)

Best time in the category: 2:35:11

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	22:12	6:43	6	4:04	58	7:31	3.30	22:12	6:43	6	4:04	58	7:31
Bremer Hütte	2.40	18:36	7:45	6	1:44	43	5:35	5.70	40:48	7:09	6	5:48	50	13:06
Hermannsklippe	3.30	25:08	7:36	5	2:15	45	7:02	9.00	1:05:56	7:19	6	8:03	48	20:08
Brocken	3.10	32:59	10:38	5	1:10	40	9:32	12.10	1:38:55	8:10	6	8:36	47	29:26
Eiserner Handwe	3.60	24:08	6:42	6	6:41	77	10:47	15.70	2:03:03	7:50	6	15:17	52	40:13
Bremer Hütte	4.10	30:38	7:28	6	9:35	82	14:12	19.80	2:33:41	7:45	6	24:52	62	54:25
Loddenke	3.10	14:57	4:49	6	4:02	69	6:19	22.90	2:48:38	7:21	6	28:54	62	1:00:44
Ilseburg/Markt	3.30	21:25	6:29	6	5:58	77	9:15	26.20	3:10:03	7:15	6	34:52	64	1:09:59