



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Witt, Michaela

Club: E.ON  
Number: 432

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 3:21:11

Speed: 7.75 km/h  
Running performance: 7:41 min/km

Rank in course/Total: 455 (of 506)

Rank in course/Women: 73 (of 90)

Best time in course: 2:00:04

Rank in category: 17(of 21)

Best time in the category: 2:07:12

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	22:57	6:57	17	6:19	66	8:16	3.30	22:57	6:57	17	6:19	66	8:16
Bremer Hütte	2.40	22:03	9:11	17	8:17	74	9:02	5.70	45:00	7:53	18	14:36	71	17:18
Hermannsklippe	3.30	28:35	8:39	16	10:09	73	10:29	9.00	1:13:35	8:10	16	24:45	70	27:47
Brocken	3.10	38:34	12:26	15	15:07	75	15:07	12.10	1:52:09	9:16	18	39:52	77	42:40
Eiserner Handwe	3.60	22:57	6:22	15	7:59	65	9:36	15.70	2:15:06	8:36	17	47:51	75	52:16
Bremer Hütte	4.10	25:34	6:14	16	8:07	63	9:08	19.80	2:40:40	8:06	17	55:58	70	1:01:24
Loddenke	3.10	17:19	5:35	21	8:09	85	8:41	22.90	2:57:59	7:46	17	1:04:07	71	1:10:05
Ilseburg/Markt	3.30	23:12	7:01	20	9:52	85	11:02	26.20	3:21:11	7:40	17	1:13:59	73	1:21:07