



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Sydow, Ruth

Club: TuS Hasede
Number: 693

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 45:35

Speed: 12.64 km/h

Rank in course/Total: 39 (of 208)

Rank in course/Women: 7 (of 74)

Best time in course: 41:18

Rank in category: 3(of 11)

Best time in the category: 43:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Loddenke	6.30	31:55	11.84	3	7	1:41	3:30	6.30	31:55	11.84	3	7	1:41	3:30
Ilseburg/Markt	3.30	13:40	14.49	2	7	0:17	0:55	9.60	45:35	12.64	3	9	1:55	4:17