



45. Brockenlauf
Ilsenburg / 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: 11.85 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	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	6.30	31:55	11.28	3	1:41	7	3:30	6.30	31:55	11.28	3	1:41	7	3:30
Ilsenburg/Markt	3.30	13:40	13.17	2	0:17	7	0:55	9.60	45:35	11.85	3	1:55	9	4:17