



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hellmuth, Sophie

Club: Magdeburg
Number: 1176

Course: 3.90 km
3,9 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 19:20

Speed: 12.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 25 (of 53)
Rank in course/Women: 8 (of 26)
Best time in course: 15:21

Rank in category: 2(of 6)
Best time in the category: 16:05

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
Prinzess Ilse Que	1.90	10:36	5:34	2	2:06	8	2:46	1.90	10:36	5:34	2	2:06	8	2:46
Ilseburg/Markt	2.00	8:44	4:21	2	1:09	5	1:13	3.90	19:20	4:57	2	3:15	8	3:59