



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Siems, Claudia

Club: Fahrkamp
Number: 1181

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 20:22

Speed: 8.84 km/h
Running performance: 5:13 min/km

Rank in course/Total: 27 (of 53)
Rank in course/Women: 9 (of 26)
Best time in course: 15:21

Rank in category: 1(of 2)
Best time in the category: 20:22

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women				km	Time		
Prinzess Ilse Que	1.90	10:43	5:38	1	-	10	2:53	1.90	10:43	5:38	1	-	10	2:53
Ilseburg/Markt	2.00	9:39	4:49	1	-	9	2:08	3.90	20:22	5:13	1	-	9	5:01