



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Hoppstock, Lisa

Club: Wernigerode
Number: 782

Course: 3.90 km
3,9 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 21:43

Speed: 8.29 km/h
Running performance: 5:34 min/km

Rank in course/Total: 36 (of 53)
Rank in course/Women: 15 (of 26)
Best time in course: 15:21

Rank in category: 4(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	11:30	6:03	4	3:00	15	3:40	1.90	11:30	6:03	4	3:00	15	3:40
Ilseburg/Markt	2.00	10:13	5:06	4	2:38	12	2:42	3.90	21:43	5:34	4	5:38	15	6:22