



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Berndt, Nicole-Nadine

Club: Hamburg
Number: 692

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 22:46

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 40 (of 53)
Rank in course/Women: 17 (of 26)
Best time in course: 15:21

Rank in category: 1(of 2)
Best time in the category: 22:46

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	11:51	6:14	1	-	18	4:01	1.90	11:51	6:14	1	-	18	4:01
Ilseburg/Markt	2.00	10:55	5:27	1	-	17	3:24	3.90	22:46	5:50	1	-	17	7:25