



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Dilg, Antonia

Club: Citybootcamp Harz
Number: 739

Course: 3.90 km
3,9 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 26:17

Speed: 6.85 km/h
Running performance: 6:44 min/km

Rank in course/Total: 48 (of 53)
Rank in course/Women: 21 (of 26)
Best time in course: 15:21

Rank in category: 6(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	13:50	7:16	6	5:20	23	6:00	1.90	13:50	7:16	6	5:20	23	6:00
Ilseburg/Markt	2.00	12:27	6:13	6	4:52	21	4:56	3.90	26:17	6:44	6	10:12	21	10:56