



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Grube, Katharina

Club: Citybootcamp Harz
Number: 738

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 26:21

Speed: 6.83 km/h
Running performance: 6:46 min/km

Rank in course/Total: 49 (of 53)
Rank in course/Women: 22 (of 26)
Best time in course: 15:21

Rank in category: 1(of 1)
Best time in the category: 26:21

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	13:34	7:08	1	-	21	5:44	1.90	13:34	7:08	1	-	21	5:44
Ilseburg/Markt	2.00	12:47	6:23	1	-	22	5:16	3.90	26:21	6:45	1	-	22	11:00