



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sikora, Hanna

Club: Team Erdinger Alkoholfrei
Number: 602

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 31:14

Speed: 5.76 km/h
Running performance: 8:01 min/km

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

Rank in category: 1(of 1)
Best time in the category: 31:14

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	16:17	8:34	1	-	26	8:27	1.90	16:17	8:34	1	-	26	8:27
Ilseburg/Markt	2.00	14:57	7:28	1	-	26	7:26	3.90	31:14	8:00	1	-	26	15:53