



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sydow, Ruth

Club: TuS Hasede
Number: 654

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 44:48

Speed: 12.05 km/h
Running performance: 4:40 min/km

Rank in course/Total: 37 (of 193)

Rank in course/Women: 5 (of 57)

Best time in course: 41:44

Rank in category: 3(of 7)

Best time in the category: 41:44

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
Loddenke	6.30	31:11	4:56	3	2:27	5	2:27	6.30	31:11	4:56	3	2:27	5	2:27
Ilseburg/Markt	3.30	13:37	4:07	3	0:37	5	0:52	9.60	44:48	4:40	3	3:04	5	3:04