



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Jeep, Iris

Club: Hannover  
Number: 781

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 47:35

Speed: 12.11 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 56 (of 193)

Rank in course/Women: 8 (of 57)

Best time in course: 41:44

Rank in category: 1(of 10)

Best time in the category: 47:35

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	33:10	5:15	1	-	8	4:26	6.30	33:10	5:15	1	-	8	4:26
Ilseburg/Markt	3.30	14:25	4:22	2	0:32	10	1:40	9.60	47:35	4:57	1	-	8	5:51