



46. Brockenlauf
Ilsenburg / 03.09.2016

Detailed evaluation

Michel, Janet

Club: Quedlinbrug
Number: 612

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 49:38

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 69 (of 193)
Rank in course/Women: 10 (of 57)
Best time in course: 41:44

Rank in category: 3(of 7)
Best time in the category: 42:46

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	35:20	5:36	3	5:28	10	6:36	6.30	35:20	5:36	3	5:28	10	6:36
Ilsenburg/Markt	3.30	14:18	4:20	3	1:24	9	1:33	9.60	49:38	5:10	3	6:52	10	7:54