



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Och, Kathrin

Club: Berlin
Number: 772

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 52:59

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 90 (of 193)
Rank in course/Women: 16 (of 57)
Best time in course: 41:44

Rank in category: 3(of 8)
Best time in the category: 46:33

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	37:27	5:56	3	4:58	17	8:43	6.30	37:27	5:56	3	4:58	17	8:43
Ilseburg/Markt	3.30	15:32	4:42	3	1:28	16	2:47	9.60	52:59	5:31	3	6:26	16	11:15