



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Zipper, Karin

Club: Langenhagen  
Number: 625

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 56:20

Speed: 9.59 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 118 (of 193)

Rank in course/Women: 26 (of 57)

Best time in course: 41:44

Rank in category: 1(of 7)

Best time in the category: 56:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	6.30	39:57	6:20	1	-	26	11:13	6.30	39:57	6:20	1	-	26	11:13
Ilseburg/Markt	3.30	16:23	4:57	1	-	26	3:38	9.60	56:20	5:52	1	-	26	14:36