



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Seiler-Woracek, Anja

Club: Knoxville Track Club  
Number: 766

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 58:06

Speed: 9.29 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 136 (of 193)

Rank in course/Women: 31 (of 57)

Best time in course: 41:44

Rank in category: 5(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	41:55	6:39	5	9:26	32	13:11	6.30	41:55	6:39	5	9:26	32	13:11
Ilseburg/Markt	3.30	16:11	4:54	5	2:07	25	3:26	9.60	58:06	6:03	5	11:33	31	16:22