



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Meider, Stefanie

Club: Hamburg
Number: 697

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:08

Speed: 9.58 km/h
Running performance: 6:16 min/km

Rank in course/Total: 149 (of 193)

Rank in course/Women: 38 (of 57)

Best time in course: 41:44

Rank in category: 6(of 8)

Best time in the category: 46:33

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 | 43:00 | 6:49 | 6 | 10:31 | 40 | 14:16 | 6.30 | 43:00 | 6:49 | 6 | 10:31 | 40 | 14:16 |
| Ilseburg/Markt | 3.30 | 17:08 | 5:11 | 6 | 3:04 | 35 | 4:23 | 9.60 | 1:00:08 | 6:15 | 6 | 13:35 | 38 | 18:24 |