



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Max, Andrea

Club: NIX tun kann jeder
Number: 680

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:46

Speed: 8.89 km/h
Running performance: 6:20 min/km

Rank in course/Total: 157 (of 193)

Rank in course/Women: 40 (of 57)

Best time in course: 41:44

Rank in category: 3(of 7)

Best time in the category: 56:20

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	43:08	6:50	4	3:11	42	14:24	6.30	43:08	6:50	4	3:11	42	14:24
Ilseburg/Markt	3.30	17:38	5:20	3	1:15	39	4:53	9.60	1:00:46	6:19	3	4:26	40	19:02