



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Fricke, Jacqueline

Club: Citybootcamp Harz
Number: 705

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:02:27

Speed: 9.22 km/h
Running performance: 6:31 min/km

Rank in course/Total: 169 (of 193)

Rank in course/Women: 47 (of 57)

Best time in course: 41:44

Rank in category: 7(of 7)

Best time in the category: 41:44

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	43:34	6:54	7	14:50	45	14:50	6.30	43:34	6:54	7	14:50	45	14:50
Ilseburg/Markt	3.30	18:53	5:43	7	5:53	46	6:08	9.60	1:02:27	6:30	7	20:43	47	20:43