



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Köhler, Susi

Club: Citybootcamp Harz
Number: 703

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:19

Speed: 9.24 km/h
Running performance: 6:29 min/km

Rank in course/Total: 166 (of 193)

Rank in course/Women: 45 (of 57)

Best time in course: 41:44

Rank in category: 8(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	43:35	6:55	7	11:06	46	14:51	6.30	43:35	6:55	7	11:06	46	14:51
Ilseburg/Markt	3.30	18:44	5:40	8	4:40	44	5:59	9.60	1:02:19	6:29	8	15:46	45	20:35