



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Rudolph, Ursula

Club: Germania Kanusportverein
Number: 820

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:29

Speed: 8.00 km/h
Running performance: 7:02 min/km

Rank in course/Total: 175 (of 193)

Rank in course/Women: 49 (of 57)

Best time in course: 41:44

Rank in category: 8(of 10)

Best time in the category: 47:35

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	47:44	7:34	8	14:34	49	19:00	6.30	47:44	7:34	8	14:34	49	19:00
Ilseburg/Markt	3.30	19:45	5:59	8	5:52	52	7:00	9.60	1:07:29	7:01	8	19:54	49	25:45