



46. Brockenlauf  
Ilsenburg / 03.09.2016

Detailed evaluation

Gruschka, Uschi

Club: Jedes Training zählt  
Number: 794

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 1:07:37

Speed: 7.99 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 178 (of 193)

Rank in course/Women: 52 (of 57)

Best time in course: 41:44

Rank in category: 4(of 4)

Best time in the category: 58:11

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	48:17	7:39	3	6:03	50	19:33	6.30	48:17	7:39	3	6:03	50	19:33
Ilsenburg/Markt	3.30	19:20	5:51	4	3:23	50	6:35	9.60	1:07:37	7:02	4	9:26	52	25:53