



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Plump, Rosemarie

Club: Team Atemnot
Number: 668

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:10:48

Speed: 8.14 km/h
Running performance: 7:22 min/km

Rank in course/Total: 185 (of 193)

Rank in course/Women: 54 (of 57)

Best time in course: 41:44

Rank in category: 7(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	50:33	8:01	7	10:36	54	21:49	6.30	50:33	8:01	7	10:36	54	21:49
Ilseburg/Markt	3.30	20:15	6:08	7	3:52	54	7:30	9.60	1:10:48	7:22	7	14:28	54	29:04