



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Steffen, Frieda

Club: Rostock
Number: 852

Course: 1.80 km
1,8 km - Lauf

Category:
weibliche Kinder U10 (8-9 Jahre)

Total time: 10:33

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 112 (of 142)

Rank in course/Women: 45 (of 63)

Best time in course: 6:48

Rank in category: 25(of 30)

Best time in the category: 7:26

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
Blochhauer	0.90	5:34	6:11	27	1:44	52	1:58	0.90	5:34	6:11	27	1:44	64	1:58
Ilseburg/Markt	0.90	4:59	5:32	23	1:23	44	1:47	1.80	10:33	5:51	25	3:07	45	3:45