



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Rüger, Christina

Club: Fitness Class Woman
Number: 634

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 28:05

Speed: 8.33 km/h
Running performance: 7:12 min/km

Rank in course/Total: 48 (of 49)
Rank in course/Women: 18 (of 19)
Best time in course: 17:30

Rank in category: 1(of 1)
Best time in the category: 28:05

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
Prinzess Ilse Que	1.90	15:10	7:58	1	-	18	6:06	1.90	15:10	7:58	1	-	18	6:06
Ilseburg/Markt	2.00	12:55	6:27	1	-	17	4:34	3.90	28:05	7:12	1	-	18	10:35