



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

BRINKMANN, Silke

Club: MTV Jahn Schladen
Number: 797

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 43:40

Speed: 12.37 km/h
Running performance: 4:33 min/km

Rank in course/Total: 20 (of 181)

Rank in course/Women: 4 (of 61)

Best time in course: 40:44

Rank in category: 1(of 9)

Best time in the category: 43:40

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
Ilsestein	4.10	21:47	5:18	1	-	4	1:40	4.10	21:47	5:18	1	-	4	1:40
Loddenke	2.20	8:53	4:02	1	-	4	0:42	6.30	30:40	4:52	1	-	4	2:20
Ilseburg/Markt	3.30	13:00	3:56	1	-	4	0:36	9.60	43:40	4:32	1	-	4	2:56