



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SYDOW, Ruth

Club: TuS Hasede
Number: 781

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 44:43

Speed: 12.08 km/h
Running performance: 4:40 min/km

Rank in course/Total: 27 (of 181)

Rank in course/Women: 5 (of 61)

Best time in course: 40:44

Rank in category: 2(of 9)

Best time in the category: 41:48

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	22:01	5:22	2	1:31	5	1:54	4.10	22:01	5:22	2	1:31	5	1:54
Loddenke	2.20	9:06	4:08	2	0:45	5	0:55	6.30	31:07	4:56	2	2:16	5	2:47
Ilseburg/Markt	3.30	13:36	4:07	2	0:39	5	1:12	9.60	44:43	4:39	2	2:55	5	3:59