



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

ZIERDT, Iris

Club: LAV 07 Bad Harzburg e.V.  
Number: 749

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 49:50

Speed: 10.84 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 56 (of 181)

Rank in course/Women: 7 (of 61)

Best time in course: 40:44

Rank in category: 2(of 10)

Best time in the category: 41:30

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	24:45	6:02	2	3:57	7	4:38	4.10	24:45	6:02	2	3:57	7	4:38
Loddenke	2.20	9:51	4:28	2	1:40	7	1:40	6.30	34:36	5:29	2	5:37	7	6:16
Ilseburg/Markt	3.30	15:14	4:36	4	2:43	14	2:50	9.60	49:50	5:11	2	8:20	7	9:06