



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**HERBST, Simone**

Club: SV Lok Blankenburg  
Number: 655

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 51:46

Speed: 11.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 72 (of 181)  
Rank in course/Women: 12 (of 61)  
Best time in course: 40:44

Rank in category: 2(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	25:20	6:10	2	3:33	10	5:13	4.10	25:20	6:10	2	3:33	9	5:13
Loddenke	2.20	11:03	5:01	5	2:10	21	2:52	6.30	36:23	5:46	2	5:43	10	8:03
Ilseburg/Markt	3.30	15:23	4:39	2	2:23	15	2:59	9.60	51:46	5:23	2	8:06	12	11:02