



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SAATHOFF, Claudia

Club: LT TuS Aurich-Ost
Number: 764

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 55:31

Speed: 9.73 km/h
Running performance: 5:47 min/km

Rank in course/Total: 103 (of 181)

Rank in course/Women: 19 (of 61)

Best time in course: 40:44

Rank in category: 4(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	27:31	6:42	4	5:44	19	7:24	4.10	27:31	6:42	4	5:44	18	7:24
Loddenke	2.20	12:21	5:36	7	3:28	41	4:10	6.30	39:52	6:19	6	9:12	26	11:32
Ilseburg/Markt	3.30	15:39	4:44	4	2:39	19	3:15	9.60	55:31	5:46	4	11:51	19	14:47