



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Tröster, Nicole

Club: Citybootcamp Harz
Number: 602

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 55:59

Speed: 9.65 km/h
Running performance: 5:50 min/km

Rank in course/Total: 110 (of 181)

Rank in course/Women: 22 (of 61)

Best time in course: 40:44

Rank in category: 6(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	28:49	7:01	7	7:02	32	8:42	4.10	28:49	7:01	7	7:02	32	8:42
Loddenke	2.20	10:41	4:51	3	1:48	14	2:30	6.30	39:30	6:16	5	8:50	21	11:10
Ilseburg/Markt	3.30	16:29	4:59	7	3:29	25	4:05	9.60	55:59	5:49	6	12:19	22	15:15