



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Woelke, Ilona

Club: TSV Salzgitter
Number: 610

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W70 (70-74 Jahre)

Total time: 1:12:04

Speed: 7.99 km/h
Running performance: 7:31 min/km

Rank in course/Total: 175 (of 181)

Rank in course/Women: 57 (of 61)

Best time in course: 40:44

Rank in category: 1(of 1)

Best time in the category: 1:12:04

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	35:32	8:39	1	-	57	15:25	4.10	35:32	8:39	1	-	57	15:25
Loddenke	2.20	15:36	7:05	1	-	56	7:25	6.30	51:08	8:06	1	-	56	22:48
Ilseburg/Markt	3.30	20:56	6:20	1	-	56	8:32	9.60	1:12:04	7:30	1	-	57	31:20