



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Kreft, Ruben

Club: Bielefeld
Number: 604

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 21:50

Speed: 8.24 km/h

Rank in course/Total: 25 (of 42)

Rank in course/Men: 13 (of 19)

Best time in course: 14:34

Rank in category: 1(of 1)

Best time in the category: 21:50

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Prinzess Ilse Que	1.90	11:40	5.14	1	-	12	4:17	1.90	11:40	5.14	1	-	12	4:17
Ilseburg/Markt	2.00	10:10	11.80	1	-	13	2:59	3.90	21:50	8.24	1	-	13	7:16