



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: 10.72 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 km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Prinzess Ilse Que	1.90	11:40	9.77	1	-	12	4:17	1.90	11:40	9.77	1	-	12	4:17
Ilseburg/Markt	2.00	10:10	11.80	1	-	13	2:59	3.90	21:50	10.72	1	-	13	7:16