



45. Brockenlauf
Ilsenburg / 05.09.2015

Detailed evaluation

Dittrich, Frank

Club: Nordharz, OT Langeln
Number: 738

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:12

Speed: 11.47 km/h

Rank in course/Total: 69 (of 208)

Rank in course/Men: 56 (of 134)

Best time in course: 32:58

Rank in category: 7(of 18)

Best time in the category: 38:58

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
Loddenke	6.30	35:04	10.78	7	7:48	55	12:08	6.30	35:04	10.78	7	7:48	55	12:08
Ilsenburg/Markt	3.30	15:08	13.08	10	3:26	65	5:12	9.60	50:12	11.47	7	11:14	56	17:14