



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Ruch, Christian

Club: Werder Sports Running Team
Number: 786

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:58

Speed: 10.87 km/h

Rank in course/Total: 99 (of 208)

Rank in course/Men: 77 (of 134)

Best time in course: 32:58

Rank in category: 6(of 13)

Best time in the category: 38:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Loddenke	6.30	38:30	9.82	7	11:44	86	15:34	6.30	38:30	9.82	7	11:44	86	15:34
Ilseburg/Markt	3.30	14:28	13.69	6	2:36	51	4:32	9.60	52:58	10.87	6	14:20	77	20:00