



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Gurock, Jörg

Club: Lüneburg
Number: 627

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:07

Speed: 8.69 km/h

Rank in course/Total: 174 (of 208)

Rank in course/Men: 122 (of 134)

Best time in course: 32:58

Rank in category: 16(of 18)

Best time in the category: 38:58

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	44:23	8.11	16	17:07	120	21:27	6.30	44:23	8.11	16	17:07	120	21:27
Ilseburg/Markt	3.30	17:44	10.15	15	6:02	109	7:48	9.60	1:02:07	8.69	16	23:09	122	29:09