



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Holz, Volker

Club: NIX tun kann JEDER
Number: 665

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:41

Speed: 8.61 km/h

Rank in course/Total: 177 (of 208)

Rank in course/Men: 123 (of 134)

Best time in course: 32:58

Rank in category: 17(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	44:36	8.07	17	17:20	122	21:40	6.30	44:36	8.07	17	17:20	122	21:40
Ilseburg/Markt	3.30	18:05	9.95	16	6:23	111	8:09	9.60	1:02:41	8.61	17	23:43	123	29:43