



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Bogdahn, Phillip

Club: Hystem Extranjeros
Number: 626

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:14

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 24 (of 181)

Rank in course/Men: 20 (of 120)

Best time in course: 33:03

Rank in category: 2(of 16)

Best time in the category: 33:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	21:56	5:20	2	4:54	17	5:38	4.10	21:56	5:20	2	4:54	17	5:38
Loddenke	2.20	9:15	4:12	6	2:36	35	2:43	6.30	31:11	4:56	3	7:30	22	8:21
Ilseburg/Markt	3.30	13:03	3:57	2	2:59	18	2:59	9.60	44:14	4:36	2	10:29	20	11:11