



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Himburg, Andy

Club: Cafe am Heizhaus E.V.
Number: 290

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:21

Speed: 12.18 km/h
Running performance: 4:37 min/km

Rank in course/Total: 25 (of 181)

Rank in course/Men: 21 (of 120)

Best time in course: 33:03

Rank in category: 3(of 16)

Best time in the category: 33:45

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	22:15	5:25	3	5:13	21	5:57	4.10	22:15	5:25	3	5:13	21	5:57	
Loddenke	2.20	8:39	3:55	2	2:00	18	2:07	6.30	30:54	4:54	2	7:13	18	8:04	
Ilseburg/Markt	3.30	13:27	4:04	4	3:23	23	3:23	9.60	44:21	4:37	3	10:36	21	11:18	