



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Mühlhaus, Tobias

Club: Citybootcamp Harz
Number: 637

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:38

Speed: 11.83 km/h
Running performance: 4:45 min/km

Rank in course/Total: 30 (of 181)

Rank in course/Men: 25 (of 120)

Best time in course: 33:03

Rank in category: 5(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	23:00	5:36	5	5:58	26	6:42	4.10	23:00	5:36	5	5:58	26	6:42
Loddenke	2.20	8:59	4:04	3	2:20	22	2:27	6.30	31:59	5:04	5	8:18	26	9:09
Ilseburg/Markt	3.30	13:39	4:08	5	3:35	25	3:35	9.60	45:38	4:45	5	11:53	25	12:35