



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Lisawski, Thomas

Club: Werhigeroda
Number: 835

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:09

Speed: 12.48 km/h
Running performance: 4:49 min/km

Rank in course/Total: 35 (of 181)

Rank in course/Men: 30 (of 120)

Best time in course: 33:03

Rank in category: 3(of 11)

Best time in the category: 43:41

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	23:09	5:38	4	1:06	29	6:51	4.10	23:09	5:38	4	1:06	29	6:51
Loddenke	2.20	9:08	4:09	2	0:24	27	2:36	6.30	32:17	5:07	2	1:30	27	9:27
Ilseburg/Markt	3.30	13:52	4:12	3	0:58	29	3:48	9.60	46:09	4:48	3	2:28	30	13:06