



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Warnecke, Alexander

Club: RSV Braunschweig
Number: 613

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 46:53

Speed: 11.52 km/h
Running performance: 4:53 min/km

Rank in course/Total: 37 (of 181)

Rank in course/Men: 32 (of 120)

Best time in course: 33:03

Rank in category: 9(of 18)

Best time in the category: 33:03

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	23:42	5:46	11	7:24	35	7:24	4.10	23:42	5:46	11	7:24	35	7:24
Loddenke	2.20	9:12	4:10	9	2:40	31	2:40	6.30	32:54	5:13	9	10:04	32	10:04
Ilseburg/Markt	3.30	13:59	4:14	8	3:53	31	3:55	9.60	46:53	4:53	9	13:50	32	13:50