



47. Brockenlauf

Ilseburg / 02.09.2017

Detailed evaluation

BERNDT, Marcus

Club: Hamburg
Number: 760

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:46

Speed: 12.06 km/h
Running performance: 4:59 min/km

Rank in course/Total: 44 (of 181)

Rank in course/Men: 38 (of 120)

Best time in course: 33:03

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:57	5:50	6	6:55	38	7:39	4.10	23:57	5:50	6	6:55	38	7:39
Loddenke	2.20	9:37	4:22	7	2:58	38	3:05	6.30	33:34	5:19	6	9:53	39	10:44
Ilseburg/Markt	3.30	14:12	4:18	9	4:08	37	4:08	9.60	47:46	4:58	7	14:01	38	14:43