



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Mumme, Lennart

Club: Habenhauser FV
Number: 638

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:48

Speed: 11.30 km/h
Running performance: 4:59 min/km

Rank in course/Total: 45 (of 181)

Rank in course/Men: 39 (of 120)

Best time in course: 33:03

Rank in category: 8(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	24:55	6:04	10	7:53	52	8:37	4.10	24:55	6:04	10	7:53	52	8:37
Loddenke	2.20	9:13	4:11	5	2:34	33	2:41	6.30	34:08	5:25	8	10:27	43	11:18
Ilseburg/Markt	3.30	13:40	4:08	6	3:36	26	3:36	9.60	47:48	4:58	8	14:03	39	14:45