



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

BRÜSER, Lars

Club: LG Osterwieck
Number: 799

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 48:17

Speed: 11.18 km/h
Running performance: 5:02 min/km

Rank in course/Total: 49 (of 181)

Rank in course/Men: 43 (of 120)

Best time in course: 33:03

Rank in category: 9(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	24:31	5:58	8	7:29	43	8:13	4.10	24:31	5:58	8	7:29	43	8:13
Loddenke	2.20	9:46	4:26	10	3:07	43	3:14	6.30	34:17	5:26	9	10:36	45	11:27
Ilseburg/Markt	3.30	14:00	4:14	8	3:56	32	3:56	9.60	48:17	5:01	9	14:32	43	15:14