



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HOLZAPFEL, Ulf

Club: Magdeburg
Number: 678

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:13

Speed: 10.97 km/h
Running performance: 5:08 min/km

Rank in course/Total: 53 (of 181)

Rank in course/Men: 47 (of 120)

Best time in course: 33:03

Rank in category: 4(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	23:04	5:37	2	1:01	27	6:46	4.10	23:04	5:37	2	1:01	27	6:46
Loddenke	2.20	10:04	4:34	6	1:20	53	3:32	6.30	33:08	5:15	4	2:21	33	10:18
Ilseburg/Markt	3.30	16:05	4:52	9	3:11	82	6:01	9.60	49:13	5:07	4	5:32	47	16:10