



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 |