



47. Brockenlauf
Ilsenburg / 02.09.2017

Detailed evaluation

SELZ, Christian

Club: Ilsenburg
Number: 723

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 49:30

Speed: 10.91 km/h
Running performance: 5:10 min/km

Rank in course/Total: 54 (of 181)

Rank in course/Men: 48 (of 120)

Best time in course: 33:03

Rank in category: 10(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	25:33	6:13	11	8:31	58	9:15	4.10	25:33	6:13	11	8:31	58	9:15
Loddenke	2.20	9:41	4:24	8	3:02	40	3:09	6.30	35:14	5:35	11	11:33	51	12:24
Ilsenburg/Markt	3.30	14:16	4:19	10	4:12	40	4:12	9.60	49:30	5:09	10	15:45	48	16:27