



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

DITTRICH, Frank

Club: Nordharz, OT Langeln
Number: 782

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:17

Speed: 10.74 km/h
Running performance: 5:14 min/km

Rank in course/Total: 62 (of 181)

Rank in course/Men: 53 (of 120)

Best time in course: 33:03

Rank in category: 6(of 18)

Best time in the category: 42:47

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	25:12	6:08	6	4:00	53	8:54	4.10	25:12	6:08	6	4:00	53	8:54
Loddenke	2.20	10:09	4:36	6	1:41	55	3:37	6.30	35:21	5:36	6	5:41	52	12:31
Ilseburg/Markt	3.30	14:56	4:31	7	2:08	60	4:52	9.60	50:17	5:14	6	7:30	53	17:14