



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

Tröster, Jens

Club: Citybootcamp Harz  
Number: 601

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:46

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 66 (of 181)

Rank in course/Men: 56 (of 120)

Best time in course: 33:03

Rank in category: 5(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	26:08	6:22	7	4:05	63	9:50	4.10	26:08	6:22	7	4:05	63	9:50
Loddenke	2.20	10:03	4:34	5	1:19	52	3:31	6.30	36:11	5:44	6	5:24	59	13:21
Ilseburg/Markt	3.30	14:35	4:25	4	1:41	49	4:31	9.60	50:46	5:17	5	7:05	56	17:43