



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

HOFFMANN, Kai

Club: Turnerbund Hamburg Eilbeck
Number: 772

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:20

Speed: 10.52 km/h
Running performance: 5:21 min/km

Rank in course/Total: 70 (of 181)

Rank in course/Men: 59 (of 120)

Best time in course: 33:03

Rank in category: 3(of 10)

Best time in the category: 48:59

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	25:18	6:10	3	0:39	56	9:00	4.10	25:18	6:10	3	0:39	56	9:00
Loddenke	2.20	11:16	5:07	4	1:33	81	4:44	6.30	36:34	5:48	3	2:12	62	13:44
Ilseburg/Markt	3.30	14:46	4:28	2	0:09	55	4:42	9.60	51:20	5:20	3	2:21	59	18:17