



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Ralf, Bauer

Club: Wenigerode
Number: 624

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:53

Speed: 10.41 km/h
Running performance: 5:24 min/km

Rank in course/Total: 74 (of 181)

Rank in course/Men: 62 (of 120)

Best time in course: 33:03

Rank in category: 7(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	26:37	6:29	9	4:34	69	10:19	4.10	26:37	6:29	9	4:34	69	10:19
Loddenke	2.20	9:48	4:27	4	1:04	45	3:16	6.30	36:25	5:46	7	5:38	61	13:35
Ilseburg/Markt	3.30	15:28	4:41	5	2:34	67	5:24	9.60	51:53	5:24	7	8:12	62	18:50