



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |