



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SIPPEL, Stephan

Club: LAV 07 Bad Harzburg e.V.
Number: 752

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:20

Speed: 10.32 km/h
Running performance: 5:27 min/km

Rank in course/Total: 79 (of 181)

Rank in course/Men: 66 (of 120)

Best time in course: 33:03

Rank in category: 8(of 18)

Best time in the category: 42:47

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	26:45	6:31	8	5:33	71	10:27	4.10	26:45	6:31	8	5:33	71	10:27
Loddenke	2.20	10:32	4:47	7	2:04	61	4:00	6.30	37:17	5:55	8	7:37	70	14:27
Ilseburg/Markt	3.30	15:03	4:33	8	2:15	61	4:59	9.60	52:20	5:27	8	9:33	66	19:17