



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

MUHS, Alexander

Club: Bovenden
Number: 754

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:32

Speed: 10.96 km/h
Running performance: 5:28 min/km

Rank in course/Total: 81 (of 181)

Rank in course/Men: 67 (of 120)

Best time in course: 33:03

Rank in category: 8(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	26:15	6:24	8	4:12	65	9:57	4.10	26:15	6:24	8	4:12	65	9:57
Loddenke	2.20	10:26	4:44	7	1:42	60	3:54	6.30	36:41	5:49	8	5:54	63	13:51
Ilseburg/Markt	3.30	15:51	4:48	7	2:57	75	5:47	9.60	52:32	5:28	8	8:51	67	19:29