



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**BRÜNJES, Thomas**

Club: Westerstede  
Number: 768

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 53:14

Speed: 10.82 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 84 (of 181)

Rank in course/Men: 68 (of 120)

Best time in course: 33:03

Rank in category: 9(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	26:04	6:21	6	4:01	61	9:46	4.10	26:04	6:21	6	4:01	61	9:46
Loddenke	2.20	11:11	5:04	9	2:27	79	4:39	6.30	37:15	5:54	9	6:28	67	14:25
Ilseburg/Markt	3.30	15:59	4:50	8	3:05	79	5:55	9.60	53:14	5:32	9	9:33	68	20:11