



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**FROESE, Nico**

Club: Hatten  
Number: 767

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 53:14

Speed: 10.14 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 85 (of 181)

Rank in course/Men: 68 (of 120)

Best time in course: 33:03

Rank in category: 12(of 16)

Best time in the category: 33:45

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	26:11	6:23	12	9:09	64	9:53	4.10	26:11	6:23	12	9:09	64	9:53
Loddenke	2.20	11:04	5:01	13	4:25	78	4:32	6.30	37:15	5:54	12	13:34	67	14:25
Ilseburg/Markt	3.30	15:59	4:50	12	5:55	79	5:55	9.60	53:14	5:32	12	19:29	68	20:11