



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

BRINKMEIER, Frank

Club: Blomberger Nelkenläufer
Number: 664

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:47

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 90 (of 181)

Rank in course/Men: 74 (of 120)

Best time in course: 33:03

Rank in category: 4(of 10)

Best time in the category: 48:59

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:49	6:32	5	2:10	75	10:31	4.10	26:49	6:32	5	2:10	75	10:31
Loddenke	2.20	10:37	4:49	3	0:54	62	4:05	6.30	37:26	5:56	4	3:04	71	14:36
Ilseburg/Markt	3.30	16:21	4:57	6	1:44	89	6:17	9.60	53:47	5:36	4	4:48	74	20:44