



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

SEEGER, Bernd

Club: NIX tun kann JEDER
Number: 790

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 53:59

Speed: 10.00 km/h
Running performance: 5:37 min/km

Rank in course/Total: 92 (of 181)

Rank in course/Men: 75 (of 120)

Best time in course: 33:03

Rank in category: 2(of 5)

Best time in the category: 50:51

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	27:14	6:38	2	2:02	80	10:56	4.10	27:14	6:38	2	2:02	80	10:56
Loddenke	2.20	11:00	5:00	2	0:11	75	4:28	6.30	38:14	6:04	2	2:13	75	15:24
Ilseburg/Markt	3.30	15:45	4:46	2	0:55	73	5:41	9.60	53:59	5:37	2	3:08	75	20:56