



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Stagge, Frank

Club: Ilseburg
Number: 834

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:21

Speed: 9.94 km/h
Running performance: 5:40 min/km

Rank in course/Total: 95 (of 181)

Rank in course/Men: 78 (of 120)

Best time in course: 33:03

Rank in category: 5(of 10)

Best time in the category: 48:59

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	26:28	6:27	4	1:49	67	10:10	4.10	26:28	6:27	4	1:49	67	10:10
Loddenke	2.20	12:12	5:32	7	2:29	100	5:40	6.30	38:40	6:08	5	4:18	80	15:50
Ilseburg/Markt	3.30	15:41	4:45	4	1:04	72	5:37	9.60	54:21	5:39	5	5:22	78	21:18