



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

Zaiser, Uwe

Club: Citybootcamp  
Number: 608

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 55:32

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 105 (of 181)

Rank in course/Men: 85 (of 120)

Best time in course: 33:03

Rank in category: 10(of 18)

Best time in the category: 42:47

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	28:12	6:52	12	7:00	89	11:54	4.10	28:12	6:52	12	7:00	89	11:54
Loddenke	2.20	11:00	5:00	10	2:32	75	4:28	6.30	39:12	6:13	11	9:32	85	16:22
Ilseburg/Markt	3.30	16:20	4:56	10	3:32	88	6:16	9.60	55:32	5:47	10	12:45	85	22:29