



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

PORWOLL, Dietmar

Club: NIX tun kann JEDER
Number: 789

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:42

Speed: 8.90 km/h
Running performance: 6:19 min/km

Rank in course/Total: 145 (of 181)

Rank in course/Men: 103 (of 120)

Best time in course: 33:03

Rank in category: 9(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	32:34	7:56	9	7:55	113	16:16	4.10	32:34	7:56	9	7:55	113	16:16
Loddenke	2.20	11:42	5:19	6	1:59	91	5:10	6.30	44:16	7:01	9	9:54	108	21:26
Ilseburg/Markt	3.30	16:26	4:58	7	1:49	90	6:22	9.60	1:00:42	6:19	9	11:43	103	27:39