



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

MARTENS, Andre

Club: Elsfleth
Number: 756

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:01:54

Speed: 9.31 km/h
Running performance: 6:27 min/km

Rank in course/Total: 150 (of 181)

Rank in course/Men: 107 (of 120)

Best time in course: 33:03

Rank in category: 15(of 16)

Best time in the category: 33:45

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	31:34	7:41	16	14:32	109	15:16	4.10	31:34	7:41	16	14:32	109	15:16
Loddenke	2.20	14:05	6:24	16	7:26	115	7:33	6.30	45:39	7:14	16	21:58	112	22:49
Ilseburg/Markt	3.30	16:15	4:55	13	6:11	86	6:11	9.60	1:01:54	6:26	15	28:09	107	28:51