



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

**BORNKAMP, Jens**

Club: Elsfleth  
Number: 757

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:01:55

Speed: 9.30 km/h  
Running performance: 6:27 min/km

Rank in course/Total: 151 (of 181)

Rank in course/Men: 108 (of 120)

Best time in course: 33:03

Rank in category: 11(of 11)

Best time in the category: 43:41

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	31:38	7:42	11	9:35	110	15:20	4.10	31:38	7:42	11	9:35	110	15:20
Loddenke	2.20	14:03	6:23	11	5:19	114	7:31	6.30	45:41	7:15	11	14:54	113	22:51
Ilseburg/Markt	3.30	16:14	4:55	10	3:20	84	6:10	9.60	1:01:55	6:26	11	18:14	108	28:52