



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

HOLZ, Volker

Club: NIX tun kann JEDER  
Number: 784

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:09:00

Speed: 7.83 km/h  
Running performance: 7:11 min/km

Rank in course/Total: 171 (of 181)

Rank in course/Men: 117 (of 120)

Best time in course: 33:03

Rank in category: 18(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	35:09	8:34	18	13:57	118	18:51	4.10	35:09	8:34	18	13:57	118	18:51
Loddenke	2.20	14:23	6:32	18	5:55	116	7:51	6.30	49:32	7:51	18	19:52	117	26:42
Ilseburg/Markt	3.30	19:28	5:53	17	6:40	115	9:24	9.60	1:09:00	7:11	18	26:13	117	35:57