



# 48. Brockenlauf

Ilseburg / 01.09.2018

## Detailed evaluation

**Dibowski, Tobias**

Club: Ilseburg  
Number: 872

Course: 3.90 km  
3,9 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 23:46

Speed: 9.85 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 26 (of 43)

Rank in course/Men: 17 (of 22)

Best time in course: 13:59

Rank in category: 1(of 1)

Best time in the category: 23:46

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Prinzess Ilse Que	1.90	11:59	6:18	1	-	18	5:00	1.90	11:59	6:18	1	-	18	5:00
Ilseburg/Markt	2.00	11:47	5:53	1	-	18	4:47	3.90	23:46	6:05	1	-	17	9:47