



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Kalies, Johann

Club: Verletzungsfrei und Spaß dabei !
Number: 818

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 40:11

Speed: 13.44 km/h
Running performance: 4:11 min/km

Rank in course/Total: 7 (of 230)

Rank in course/Men: 7 (of 136)

Best time in course: 34:12

Rank in category: 3(of 16)

Best time in the category: 36:11

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
Ilsestein	4.10	20:22	4:58	3	2:38	8	3:18	4.10	20:22	4:58	3	2:38	8	3:18
Loddenke	2.20	7:52	3:34	3	0:32	6	1:04	6.30	28:14	4:28	3	3:10	6	4:22
Ilseburg/Markt	3.30	11:57	3:37	2	0:50	5	1:37	9.60	40:11	4:11	3	4:00	8	5:59