



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Rusniok, Lasse

Club: LC BlueLiner
Number: 868

Course: 9.60 km
9,6 km - Lauf

Category:
männliche Jugend U18 (16-17 Jahre)

Total time: 42:06

Speed: 12.83 km/h
Running performance: 4:23 min/km

Rank in course/Total: 10 (of 230)

Rank in course/Men: 10 (of 136)

Best time in course: 34:12

Rank in category: 4(of 8)

Best time in the category: 37:47

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	21:24	5:13	6	2:37	15	4:20	4.10	21:24	5:13	6	2:37	15	4:20
Loddenke	2.20	8:12	3:43	4	0:42	9	1:24	6.30	29:36	4:41	5	3:19	13	5:44
Ilseburg/Markt	3.30	12:30	3:47	4	1:00	10	2:10	9.60	42:06	4:23	4	4:19	11	7:54