



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Evers, Karsten

Club: Isenbüttel
Number: 804

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:22

Speed: 13.60 km/h
Running performance: 4:25 min/km

Rank in course/Total: 12 (of 230)

Rank in course/Men: 12 (of 136)

Best time in course: 34:12

Rank in category: 2(of 14)

Best time in the category: 41:49

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	21:27	5:13	2	0:33	16	4:23	4.10	21:27	5:13	2	0:33	16	4:23
Loddenke	2.20	8:36	3:54	4	0:19	21	1:48	6.30	30:03	4:46	3	0:52	17	6:11
Ilseburg/Markt	3.30	12:19	3:43	1	-	9	1:59	9.60	42:22	4:24	2	0:33	13	8:10