



48. Brockenlauf  
Ilsenburg / 01.09.2018

Detailed evaluation

Helmstedt, Sascha

Club: Ilsenburg  
Number: 813

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:25

Speed: 12.73 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 13 (of 230)

Rank in course/Men: 13 (of 136)

Best time in course: 34:12

Rank in category: 2(of 14)

Best time in the category: 34:12

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	20:36	5:01	2	3:32	10	3:32	4.10	20:36	5:01	2	3:32	10	3:32
Loddenke	2.20	8:35	3:54	2	1:47	20	1:47	6.30	29:11	4:37	2	5:19	10	5:19
Ilsenburg/Markt	3.30	13:14	4:00	2	2:54	18	2:54	9.60	42:25	4:25	2	8:13	14	8:13