



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |