



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Lampert, Christoph

Club: Die Neoprenalergiker
Number: 1199

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:57

Speed: 12.57 km/h
Running performance: 4:28 min/km

Rank in course/Total: 17 (of 230)

Rank in course/Men: 16 (of 136)

Best time in course: 34:12

Rank in category: 3(of 14)

Best time in the category: 41:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind 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	8:23	3:48	2	0:06	13	1:35	6.30	29:50	4:44	2	0:39	16	5:58	
Ilseburg/Markt	3.30	13:07	3:58	4	0:48	16	2:47	9.60	42:57	4:28	3	1:08	17	8:45	