



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Schäfer, Ingo

Club: TSG GutsMuths
Number: 748

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:23

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 18 (of 230)

Rank in course/Men: 17 (of 136)

Best time in course: 34:12

Rank in category: 4(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	21:44	5:18	4	0:50	19	4:40	4.10	21:44	5:18	4	0:50	19	4:40
Loddenke	2.20	8:25	3:49	3	0:08	15	1:37	6.30	30:09	4:47	4	0:58	18	6:17
Ilseburg/Markt	3.30	13:14	4:00	5	0:55	18	2:54	9.60	43:23	4:31	4	1:34	18	9:11