



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Ungrad, Christian

Club: Fitnesscenter Evers
Number: 788

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 43:48

Speed: 13.15 km/h
Running performance: 4:34 min/km

Rank in course/Total: 19 (of 230)

Rank in course/Men: 18 (of 136)

Best time in course: 34:12

Rank in category: 2(of 19)

Best time in the category: 42:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	21:31	5:14	2	0:16	18	4:27	4.10	21:31	5:14	2	0:16	18	4:27
Loddenke	2.20	8:43	3:57	2	0:16	24	1:55	6.30	30:14	4:47	2	0:32	19	6:22
Ilseburg/Markt	3.30	13:34	4:06	3	0:31	26	3:14	9.60	43:48	4:33	2	1:03	19	9:36