



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Leisner, Mike

Club: SV Darlingerode
Number: 1191

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:15

Speed: 12.73 km/h
Running performance: 4:43 min/km

Rank in course/Total: 25 (of 230)

Rank in course/Men: 22 (of 136)

Best time in course: 34:12

Rank in category: 2(of 8)

Best time in the category: 42:16

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	22:54	5:35	2	2:00	24	5:50	4.10	22:54	5:35	2	2:00	24	5:50
Loddenke	2.20	9:01	4:05	2	0:44	29	2:13	6.30	31:55	5:03	2	2:44	25	8:03
Ilseburg/Markt	3.30	13:20	4:02	2	0:15	23	3:00	9.60	45:15	4:42	2	2:59	23	11:03