



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lehmann, Norman

Club: Echte Nordhäuser Marktpassage
Number: 858

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:19

Speed: 11.92 km/h
Running performance: 4:43 min/km

Rank in course/Total: 27 (of 230)

Rank in course/Men: 24 (of 136)

Best time in course: 34:12

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:21	5:41	5	2:27	27	6:17	4.10	23:21	5:41	5	2:27	27	6:17
Loddenke	2.20	8:55	4:03	5	0:38	26	2:07	6.30	32:16	5:07	5	3:05	27	8:24
Ilseburg/Markt	3.30	13:03	3:57	3	0:44	13	2:43	9.60	45:19	4:43	5	3:30	25	11:07