



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bogdahn, Philipp

Club: Hystem Extranjeros
Number: 639

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 45:46

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 29 (of 230)

Rank in course/Men: 26 (of 136)

Best time in course: 34:12

Rank in category: 3(of 14)

Best time in the category: 34:12

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	23:00	5:36	3	5:56	25	5:56	4.10	23:00	5:36	3	5:56	25	5:56
Loddenke	2.20	9:01	4:05	4	2:13	29	2:13	6.30	32:01	5:04	3	8:09	26	8:09
Ilseburg/Markt	3.30	13:45	4:10	4	3:25	29	3:25	9.60	45:46	4:46	3	11:34	27	11:34