



# 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: 11.80 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	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	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