



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Gifhorn, Andreas

Club: Gifhorn Runners
Number: 665

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:01

Speed: 11.73 km/h
Running performance: 4:47 min/km

Rank in course/Total: 31 (of 230)

Rank in course/Men: 28 (of 136)

Best time in course: 34:12

Rank in category: 4(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:31	5:44	4	6:27	30	6:27	4.10	23:31	5:44	4	6:27	30	6:27
Loddenke	2.20	8:46	3:59	3	1:58	25	1:58	6.30	32:17	5:07	4	8:25	28	8:25
Ilseburg/Markt	3.30	13:44	4:09	3	3:24	28	3:24	9.60	46:01	4:47	4	11:49	29	11:49