



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Voland, Ben

Club: Leipzig
Number: 844

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:17

Speed: 11.67 km/h
Running performance: 4:49 min/km

Rank in course/Total: 33 (of 230)

Rank in course/Men: 30 (of 136)

Best time in course: 34:12

Rank in category: 4(of 19)

Best time in the category: 42:45

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 | 23:33 | 5:44 | 4 | 2:18 | 31 | 6:29 | 4.10 | 23:33 | 5:44 | 4 | 2:18 | 31 | 6:29 |
| Loddenke | 2.20 | 9:07 | 4:08 | 4 | 0:40 | 32 | 2:19 | 6.30 | 32:40 | 5:11 | 4 | 2:58 | 30 | 8:48 |
| Ilseburg/Markt | 3.30 | 13:37 | 4:07 | 4 | 0:34 | 27 | 3:17 | 9.60 | 46:17 | 4:49 | 4 | 3:32 | 31 | 12:05 |