



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