



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Pohl, Marian

Club: NIX tun kann JEDER
Number: 733

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 46:46

Speed: 11.55 km/h
Running performance: 4:52 min/km

Rank in course/Total: 36 (of 230)

Rank in course/Men: 33 (of 136)

Best time in course: 34:12

Rank in category: 3(of 16)

Best time in the category: 46:01

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	23:35	5:45	1	-	32	6:31	4.10	23:35	5:45	1	-	32	6:31
Loddenke	2.20	9:10	4:09	4	0:47	34	2:22	6.30	32:45	5:11	1	-	31	8:53
Ilseburg/Markt	3.30	14:01	4:14	3	0:51	31	3:41	9.60	46:46	4:52	3	0:45	34	12:34