



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Stagge, Mario

Club: Ilseburg
Number: 837

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:42

Speed: 12.08 km/h
Running performance: 4:58 min/km

Rank in course/Total: 37 (of 230)

Rank in course/Men: 34 (of 136)

Best time in course: 34:12

Rank in category: 6(of 14)

Best time in the category: 41:49

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	24:11	5:53	6	3:17	36	7:07	4.10	24:11	5:53	6	3:17	36	7:07
Loddenke	2.20	9:02	4:06	7	0:45	31	2:14	6.30	33:13	5:16	6	4:02	34	9:21
Ilseburg/Markt	3.30	14:29	4:23	7	2:10	44	4:09	9.60	47:42	4:58	6	5:53	35	13:30