



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Golnik, Markus

Club: SG Lauffreunde Harz
Number: 666

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:13

Speed: 11.20 km/h
Running performance: 5:01 min/km

Rank in course/Total: 39 (of 230)

Rank in course/Men: 36 (of 136)

Best time in course: 34:12

Rank in category: 4(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	24:02	5:51	2	0:27	34	6:58	4.10	24:02	5:51	2	0:27	34	6:58
Loddenke	2.20	9:51	4:28	6	1:28	44	3:03	6.30	33:53	5:22	4	1:08	36	10:01
Ilseburg/Markt	3.30	14:20	4:20	5	1:10	39	4:00	9.60	48:13	5:01	4	2:12	37	14:01