



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Freise, Hartmut

Club: LG Solling
Number: 656

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 48:35

Speed: 11.11 km/h
Running performance: 5:04 min/km

Rank in course/Total: 41 (of 230)

Rank in course/Men: 37 (of 136)

Best time in course: 34:12

Rank in category: 1(of 11)

Best time in the category: 48:35

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	23:43	5:47	1	-	33	6:39	4.10	23:43	5:47	1	-	33	6:39	
Loddenke	2.20	9:52	4:29	1	-	46	3:04	6.30	33:35	5:19	1	-	35	9:43	
Ilseburg/Markt	3.30	15:00	4:32	2	0:20	53	4:40	9.60	48:35	5:03	1	-	38	14:23	