



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Mönich, Thomas

Club: Ganderkeseer  
Number: 721

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:04

Speed: 11.74 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 46 (of 230)

Rank in course/Men: 42 (of 136)

Best time in course: 34:12

Rank in category: 7(of 14)

Best time in the category: 34:12

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	24:15	5:54	5	7:11	37	7:11	4.10	24:15	5:54	5	7:11	37	7:11
Loddenke	2.20	10:30	4:46	7	3:42	62	3:42	6.30	34:45	5:30	5	10:53	42	10:53
Ilseburg/Markt	3.30	14:19	4:20	7	3:59	38	3:59	9.60	49:04	5:06	7	14:52	43	14:52