



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bastian, Arne

Club: Brockenlaufverein
Number: 661

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 49:04

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

Rank in course/Total: 47 (of 230)

Rank in course/Men: 42 (of 136)

Best time in course: 34:12

Rank in category: 5(of 16)

Best time in the category: 46:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	24:41	6:01	5	1:06	42	7:37	4.10	24:41	6:01	5	1:06	42	7:37
Loddenke	2.20	10:14	4:39	8	1:51	55	3:26	6.30	34:55	5:32	6	2:10	46	11:03
Ilseburg/Markt	3.30	14:09	4:17	4	0:59	33	3:49	9.60	49:04	5:06	5	3:03	43	14:52