



# 48. Brockenlauf

Ilseburg / 01.09.2018

## Detailed evaluation

Selz, Christian

Club: Würzburg  
Number: 775

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 49:09

Speed: 10.99 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 49 (of 230)

Rank in course/Men: 44 (of 136)

Best time in course: 34:12

Rank in category: 6(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  | 24:57 | 6:05   | 6    | 1:22   | 48  | 7:53   | 4.10  | 24:57 | 6:05   | 6    | 1:22   | 48  | 7:53   |
| Loddenke       | 2.20  | 9:09  | 4:09   | 3    | 0:46   | 33  | 2:21   | 6.30  | 34:06 | 5:24   | 5    | 1:21   | 39  | 10:14  |
| Ilseburg/Markt | 3.30  | 15:03 | 4:33   | 10   | 1:53   | 54  | 4:43   | 9.60  | 49:09 | 5:07   | 6    | 3:08   | 45  | 14:57  |