



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 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 | 24:57 | 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 |