



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Litwin, Axel

Club: Harz-Gebirgslauf Wernigerode
Number: 825

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 49:43

Speed: 11.59 km/h
Running performance: 5:11 min/km

Rank in course/Total: 52 (of 230)

Rank in course/Men: 46 (of 136)

Best time in course: 34:12

Rank in category: 3(of 8)

Best time in the category: 42:16

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	24:45	6:02	3	3:51	46	7:41	4.10	24:45	6:02	3	3:51	46	7:41
Loddenke	2.20	9:51	4:28	3	1:34	44	3:03	6.30	34:36	5:29	3	5:25	41	10:44
Ilseburg/Markt	3.30	15:07	4:34	3	2:02	57	4:47	9.60	49:43	5:10	3	7:27	47	15:31