



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Brünjes, Thomas

Club: Westerstede
Number: 642

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:57

Speed: 10.81 km/h
Running performance: 5:12 min/km

Rank in course/Total: 53 (of 230)

Rank in course/Men: 47 (of 136)

Best time in course: 34:12

Rank in category: 9(of 14)

Best time in the category: 41:49

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	7	3:21	37	7:11	4.10	24:15	5:54	7	3:21	37	7:11
Loddenke	2.20	10:30	4:46	12	2:13	62	3:42	6.30	34:45	5:30	9	5:34	42	10:53
Ilseburg/Markt	3.30	15:12	4:36	11	2:53	59	4:52	9.60	49:57	5:12	9	8:08	48	15:45