



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Toennemann, Jan

Club: Clausthal-Zellerfeld
Number: 840

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 50:01

Speed: 10.80 km/h
Running performance: 5:13 min/km

Rank in course/Total: 54 (of 230)

Rank in course/Men: 48 (of 136)

Best time in course: 34:12

Rank in category: 8(of 16)

Best time in the category: 36:11

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	25:25	6:11	8	7:41	51	8:21	4.10	25:25	6:11	8	7:41	51	8:21
Loddenke	2.20	10:10	4:37	9	2:50	52	3:22	6.30	35:35	5:38	9	10:31	49	11:43
Ilseburg/Markt	3.30	14:26	4:22	8	3:19	41	4:06	9.60	50:01	5:12	8	13:50	49	15:49