



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Völz, Carsten

Club: LC Solbad Ravensberg
Number: 789

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:15

Speed: 10.75 km/h
Running performance: 5:14 min/km

Rank in course/Total: 58 (of 230)

Rank in course/Men: 49 (of 136)

Best time in course: 34:12

Rank in category: 2(of 11)

Best time in the category: 48:35

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	25:27	6:12	2	1:44	52	8:23	4.10	25:27	6:12	2	1:44	52	8:23
Loddenke	2.20	10:08	4:36	2	0:16	51	3:20	6.30	35:35	5:38	2	2:00	49	11:43
Ilseburg/Markt	3.30	14:40	4:26	1	-	48	4:20	9.60	50:15	5:14	2	1:40	50	16:03