



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Berg, Sascha

Club: Hurricane Holsen
Number: 635

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:37

Speed: 10.67 km/h
Running performance: 5:16 min/km

Rank in course/Total: 61 (of 230)

Rank in course/Men: 52 (of 136)

Best time in course: 34:12

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:19	6:25	10	5:25	57	9:15	4.10	26:19	6:25	10	5:25	57	9:15
Loddenke	2.20	9:31	4:19	9	1:14	41	2:43	6.30	35:50	5:41	10	6:39	53	11:58
Ilseburg/Markt	3.30	14:47	4:28	9	2:28	49	4:27	9.60	50:37	5:16	10	8:48	53	16:25