



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lude, Mario

Club: Jimmys Lauftreff Ü30
Number: 712

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 51:10

Speed: 10.55 km/h
Running performance: 5:20 min/km

Rank in course/Total: 66 (of 230)

Rank in course/Men: 56 (of 136)

Best time in course: 34:12

Rank in category: 9(of 16)

Best time in the category: 46:01

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	26:32	6:28	9	2:57	59	9:28	4.10	26:32	6:28	9	2:57	59	9:28
Loddenke	2.20	10:16	4:40	10	1:53	57	3:28	6.30	36:48	5:50	9	4:03	57	12:56
Ilseburg/Markt	3.30	14:22	4:21	6	1:12	40	4:02	9.60	51:10	5:19	9	5:09	57	16:58