



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Fritsche, Rainer

Club: Wernigerode
Number: 808

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 51:43

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 67 (of 230)

Rank in course/Men: 57 (of 136)

Best time in course: 34:12

Rank in category: 5(of 19)

Best time in the category: 42:45

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	27:24	6:40	9	6:09	70	10:20	4.10	27:24	6:40	9	6:09	70	10:20
Loddenke	2.20	9:44	4:25	5	1:17	43	2:56	6.30	37:08	5:53	6	7:26	62	13:16
Ilseburg/Markt	3.30	14:35	4:25	5	1:32	47	4:15	9.60	51:43	5:23	5	8:58	58	17:31