



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Respa, Patrick

Club: Jimmys Laufftreff Ü30  
Number: 739

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 51:46

Speed: 10.43 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 69 (of 230)

Rank in course/Men: 59 (of 136)

Best time in course: 34:12

Rank in category: 11(of 16)

Best time in the category: 46:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:31	6:28	8	2:56	58	9:27	4.10	26:31	6:28	8	2:56	58	9:27
Loddenke	2.20	10:22	4:42	11	1:59	59	3:34	6.30	36:53	5:51	11	4:08	59	13:01
Ilseburg/Markt	3.30	14:53	4:30	8	1:43	50	4:33	9.60	51:46	5:23	11	5:45	60	17:34