



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Ziep, Michel

Club: Jimmys Lauftreff Ü30  
Number: 798

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 51:45

Speed: 11.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 68 (of 230)

Rank in course/Men: 58 (of 136)

Best time in course: 34:12

Rank in category: 10(of 16)

Best time in the category: 46:01

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein      | 4.10        | 26:36         | 6:29            | 10          | 3:01           | 61          | 9:32          | 4.10          | 26:36         | 6:29            | 10          | 3:01           | 61         | 9:32          |
| Loddenke       | 2.20        | 10:15         | 4:39            | 9           | 1:52           | 56          | 3:27          | 6.30          | 36:51         | 5:50            | 10          | 4:06           | 58         | 12:59         |
| Ilseburg/Markt | 3.30        | 14:54         | 4:30            | 9           | 1:44           | 51          | 4:34          | 9.60          | 51:45         | 5:23            | 10          | 5:44           | 59         | 17:33         |