



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: 10.43 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 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	26:36	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