



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Thomas, Danny

Club: FSV Grün Weiss Ilseburg
Number: 863

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 53:42

Speed: 10.73 km/h
Running performance: 5:35 min/km

Rank in course/Total: 83 (of 230)

Rank in course/Men: 65 (of 136)

Best time in course: 34:12

Rank in category: 8(of 14)

Best time in the category: 34:12

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	27:04	6:36	8	10:00	65	10:00	4.10	27:04	6:36	8	10:00	65	10:00
Loddenke	2.20	11:01	5:00	9	4:13	71	4:13	6.30	38:05	6:02	8	14:13	66	14:13
Ilseburg/Markt	3.30	15:37	4:43	8	5:17	65	5:17	9.60	53:42	5:35	8	19:30	66	19:30