



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Diederichs, Mike

Club: Braunschweig
Number: 801

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 54:11

Speed: 9.97 km/h
Running performance: 5:38 min/km

Rank in course/Total: 89 (of 230)

Rank in course/Men: 69 (of 136)

Best time in course: 34:12

Rank in category: 12(of 16)

Best time in the category: 36:11

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	27:07	6:36	10	9:23	67	10:03	4.10	27:07	6:36	10	9:23	67	10:03
Loddenke	2.20	11:13	5:05	14	3:53	77	4:25	6.30	38:20	6:05	11	13:16	69	14:28
Ilseburg/Markt	3.30	15:51	4:48	12	4:44	68	5:31	9.60	54:11	5:38	12	18:00	70	19:59