



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bauer, Ralf

Club: Nix tun kann JEDER
Number: 852

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:38

Speed: 10.54 km/h
Running performance: 5:41 min/km

Rank in course/Total: 94 (of 230)

Rank in course/Men: 71 (of 136)

Best time in course: 34:12

Rank in category: 12(of 14)

Best time in the category: 41:49

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	28:42	7:00	13	7:48	86	11:38	4.10	28:42	7:00	13	7:48	86	11:38
Loddenke	2.20	10:00	4:32	10	1:43	47	3:12	6.30	38:42	6:08	12	9:31	71	14:50
Ilseburg/Markt	3.30	15:56	4:49	12	3:37	70	5:36	9.60	54:38	5:41	12	12:49	72	20:26