



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Gassmann, Jens

Club: Hurricane Holsen
Number: 659

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 55:04

Speed: 9.81 km/h
Running performance: 5:44 min/km

Rank in course/Total: 98 (of 230)

Rank in course/Men: 72 (of 136)

Best time in course: 34:12

Rank in category: 9(of 19)

Best time in the category: 42:45

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	28:22	6:55	10	7:07	81	11:18	4.10	28:22	6:55	10	7:07	81	11:18
Loddenke	2.20	10:33	4:47	7	2:06	64	3:45	6.30	38:55	6:10	9	9:13	73	15:03
Ilseburg/Markt	3.30	16:09	4:53	10	3:06	72	5:49	9.60	55:04	5:44	9	12:19	73	20:52