



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Seeger, Bernd

Club: NIX tun kann JEDER  
Number: 768

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 55:08

Speed: 9.79 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 99 (of 230)

Rank in course/Men: 73 (of 136)

Best time in course: 34:12

Rank in category: 1(of 13)

Best time in the category: 55:08

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	27:25	6:41	1	-	71	10:21	4.10	27:25	6:41	1	-	71	10:21
Loddenke	2.20	11:16	5:07	1	-	78	4:28	6.30	38:41	6:08	1	-	70	14:49
Ilseburg/Markt	3.30	16:27	4:59	1	-	77	6:07	9.60	55:08	5:44	2	16:40	74	20:56