



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Kremling, Thomas

Club: SchiekepannElf
Number: 700

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 55:10

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 100 (of 230)

Rank in course/Men: 74 (of 136)

Best time in course: 34:12

Rank in category: 7(of 8)

Best time in the category: 42:16

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	27:50	6:47	7	6:56	75	10:46	4.10	27:50	6:47	7	6:56	75	10:46
Loddenke	2.20	11:09	5:04	7	2:52	74	4:21	6.30	38:59	6:11	7	9:48	74	15:07
Ilseburg/Markt	3.30	16:11	4:54	6	3:06	73	5:51	9.60	55:10	5:44	7	12:54	75	20:58