



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Gröger, Benjamin

Club: Ganderkeseer  
Number: 667

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 55:46

Speed: 9.68 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 106 (of 230)

Rank in course/Men: 77 (of 136)

Best time in course: 34:12

Rank in category: 12(of 16)

Best time in the category: 46:01

Intermediate times

Stage score

Total ranking

| Control        | Split | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total | Total  | Pos  | Behind | Pos | Behind |
|----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
|                | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time  | min/km | Cat. | Cat.   | Men | Men    |
| Ilsestein      | 4.10  | 28:06 | 6:51   | 12   | 4:31   | 77  | 11:02  | 4.10  | 28:06 | 6:51   | 12   | 4:31   | 77  | 11:02  |
| Loddenke       | 2.20  | 11:48 | 5:21   | 14   | 3:25   | 91  | 5:00   | 6.30  | 39:54 | 6:19   | 13   | 7:09   | 83  | 16:02  |
| Ilseburg/Markt | 3.30  | 15:52 | 4:48   | 12   | 2:42   | 69  | 5:32   | 9.60  | 55:46 | 5:48   | 12   | 9:45   | 78  | 21:34  |