



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: 10.33 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 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	28:06	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