



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Gieraths, Alexander

Club: Calbe
Number: 663

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:20

Speed: 9.59 km/h
Running performance: 5:52 min/km

Rank in course/Total: 108 (of 230)

Rank in course/Men: 78 (of 136)

Best time in course: 34:12

Rank in category: 13(of 14)

Best time in the category: 41:49

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	28:11	6:52	12	7:17	80	11:07	4.10	28:11	6:52	12	7:17	80	11:07
Loddenke	2.20	11:19	5:08	13	3:02	81	4:31	6.30	39:30	6:16	13	10:19	79	15:38
Ilseburg/Markt	3.30	16:50	5:06	13	4:31	86	6:30	9.60	56:20	5:52	13	14:31	79	22:08