



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Weilandt, Michael

Club: E.ON
Number: 420

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 56:46

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 112 (of 230)

Rank in course/Men: 82 (of 136)

Best time in course: 34:12

Rank in category: 9(of 14)

Best time in the category: 34:12

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	28:45	7:00	10	11:41	88	11:41	4.10	28:45	7:00	10	11:41	88	11:41
Loddenke	2.20	11:25	5:11	10	4:37	82	4:37	6.30	40:10	6:22	10	16:18	88	16:18
Ilseburg/Markt	3.30	16:36	5:01	10	6:16	80	6:16	9.60	56:46	5:54	9	22:34	83	22:34