



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Dreyer, Holger

Club: Elixia
Number: 803

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 56:55

Speed: 10.12 km/h
Running performance: 5:56 min/km

Rank in course/Total: 113 (of 230)

Rank in course/Men: 83 (of 136)

Best time in course: 34:12

Rank in category: 11(of 19)

Best time in the category: 42:45

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	29:27	7:10	14	8:12	92	12:23	4.10	29:27	7:10	14	8:12	92	12:23
Loddenke	2.20	12:12	5:32	15	3:45	99	5:24	6.30	41:39	6:36	14	11:57	93	17:47
Ilseburg/Markt	3.30	15:16	4:37	6	2:13	61	4:56	9.60	56:55	5:55	11	14:10	84	22:43