



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

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Club: Echte Nordhäuser Marktpassage
Number: 857

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 57:17

Speed: 9.43 km/h
Running performance: 5:58 min/km

Rank in course/Total: 118 (of 230)

Rank in course/Men: 86 (of 136)

Best time in course: 34:12

Rank in category: 4(of 11)

Best time in the category: 48:35

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	28:51	7:02	4	5:08	89	11:47	4.10	28:51	7:02	4	5:08	89	11:47
Loddenke	2.20	11:45	5:20	3	1:53	87	4:57	6.30	40:36	6:26	4	7:01	90	16:44
Ilseburg/Markt	3.30	16:41	5:03	4	2:01	83	6:21	9.60	57:17	5:58	4	8:42	87	23:05