



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Himburg, Andy

Total time: 57:50

Club: Kultur, Bildung und Freizeit e.V. Café am Heizhaus
Number: 816

Speed: 9.96 km/h

Running performance: 6:01 min/km

Course: 9.60 km

Rank in course/Total: 123 (of 230)

9,6 km - Lauf

Rank in course/Men: 88 (of 136)

Best time in course: 34:12

Category:

Rank in category: 10(of 14)

Senioren M30 (30-34 Jahre)

Best time in the category: 34:12

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	28:25	6:55	9	11:21	82	11:21	4.10	28:25	6:55	9	11:21	82	11:21
Loddenke	2.20	10:45	4:53	8	3:57	67	3:57	6.30	39:10	6:13	9	15:18	77	15:18
Ilseburg/Markt	3.30	18:40	5:39	12	8:20	113	8:20	9.60	57:50	6:01	10	23:38	89	23:38