



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Poser, Stanley

Club: Himburger
Number: 866

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 57:50

Speed: 9.34 km/h
Running performance: 6:01 min/km

Rank in course/Total: 124 (of 230)

Rank in course/Men: 88 (of 136)

Best time in course: 34:12

Rank in category: 16(of 16)

Best time in the category: 36:11

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	28:26	6:56	15	10:42	83	11:22	4.10	28:26	6:56	15	10:42	83	11:22
Loddenke	2.20	10:47	4:54	12	3:27	69	3:59	6.30	39:13	6:13	13	14:09	78	15:21
Ilseburg/Markt	3.30	18:37	5:38	16	7:30	112	8:17	9.60	57:50	6:01	16	21:39	89	23:38