



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Schnake, Gerd

Club: Hurricane Holsen
Number: 756

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 59:54

Speed: 9.62 km/h
Running performance: 6:14 min/km

Rank in course/Total: 139 (of 230)

Rank in course/Men: 95 (of 136)

Best time in course: 34:12

Rank in category: 2(of 13)

Best time in the category: 55:08

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	30:38	7:28	6	3:13	107	13:34	4.10	30:38	7:28	6	3:13	107	13:34
Loddenke	2.20	12:13	5:33	5	0:57	102	5:25	6.30	42:51	6:48	4	4:10	102	18:59
Ilseburg/Markt	3.30	17:03	5:10	2	0:36	89	6:43	9.60	59:54	6:14	3	21:26	96	25:42