



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Borowicz, Joachim

Club: Jisenburg
Number: 849

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 59:58

Speed: 9.01 km/h
Running performance: 6:15 min/km

Rank in course/Total: 140 (of 230)

Rank in course/Men: 96 (of 136)

Best time in course: 34:12

Rank in category: 3(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	30:21	7:24	4	2:56	103	13:17	4.10	30:21	7:24	4	2:56	103	13:17
Loddenke	2.20	11:50	5:22	3	0:34	92	5:02	6.30	42:11	6:41	3	3:30	97	18:19
Ilseburg/Markt	3.30	17:47	5:23	4	1:20	98	7:27	9.60	59:58	6:14	4	21:30	97	25:46