



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lauter, Thorsten

Club: Bochum
Number: 706

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:00:08

Speed: 8.98 km/h
Running performance: 6:16 min/km

Rank in course/Total: 142 (of 230)

Rank in course/Men: 98 (of 136)

Best time in course: 34:12

Rank in category: 15(of 19)

Best time in the category: 42:45

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	30:55	7:32	17	9:40	109	13:51	4.10	30:55	7:32	17	9:40	109	13:51
Loddenke	2.20	12:08	5:30	14	3:41	97	5:20	6.30	43:03	6:49	16	13:21	105	19:11
Ilseburg/Markt	3.30	17:05	5:10	13	4:02	91	6:45	9.60	1:00:08	6:15	15	17:23	99	25:56