



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Jahn, Roland

Club: NIX tun kann JEDER
Number: 684

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:56

Speed: 9.45 km/h
Running performance: 6:21 min/km

Rank in course/Total: 150 (of 230)

Rank in course/Men: 103 (of 136)

Best time in course: 34:12

Rank in category: 6(of 11)

Best time in the category: 48:35

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	29:44	7:15	5	6:01	96	12:40	4.10	29:44	7:15	5	6:01	96	12:40
Loddenke	2.20	12:41	5:45	8	2:49	115	5:53	6.30	42:25	6:43	5	8:50	99	18:33
Ilseburg/Markt	3.30	18:31	5:36	8	3:51	109	8:11	9.60	1:00:56	6:20	6	12:21	104	26:44