



48. Brockenlauf
Ilsenburg / 01.09.2018

Detailed evaluation

Feist, Axel

Club: Ilsenburg
Number: 869

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:01:20

Speed: 8.80 km/h
Running performance: 6:23 min/km

Rank in course/Total: 157 (of 230)

Rank in course/Men: 106 (of 136)

Best time in course: 34:12

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	31:47	7:45	7	4:22	116	14:43	4.10	31:47	7:45	7	4:22	116	14:43
Loddenke	2.20	11:55	5:24	4	0:39	94	5:07	6.30	43:42	6:56	6	5:01	110	19:50
Ilsenburg/Markt	3.30	17:38	5:20	3	1:11	97	7:18	9.60	1:01:20	6:23	6	22:52	107	27:08