



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Kühn, Bernd

Club: Brockenlaufverein  
Number: 703

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:01:27

Speed: 8.79 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 160 (of 230)

Rank in course/Men: 108 (of 136)

Best time in course: 34:12

Rank in category: 6(of 13)

Best time in the category: 55:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	30:36	7:27	5	3:11	106	13:32	4.10	30:36	7:27	5	3:11	106	13:32
Loddenke	2.20	12:34	5:42	7	1:18	111	5:46	6.30	43:10	6:51	5	4:29	106	19:18
Ilseburg/Markt	3.30	18:17	5:32	5	1:50	105	7:57	9.60	1:01:27	6:24	7	22:59	109	27:15