



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Ager, Henrik

Club: Köge
Number: 622

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:01:31

Speed: 8.78 km/h
Running performance: 6:25 min/km

Rank in course/Total: 162 (of 230)

Rank in course/Men: 109 (of 136)

Best time in course: 34:12

Rank in category: 16(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	24:29	5:58	5	3:14	40	7:25	4.10	24:29	5:58	5	3:14	40	7:25
Loddenke	2.20	15:14	6:55	18	6:47	128	8:26	6.30	39:43	6:18	11	10:01	80	15:51
Ilseburg/Markt	3.30	21:48	6:36	19	8:45	126	11:28	9.60	1:01:31	6:24	16	18:46	110	27:19