



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Spannaus, Ulli

Club: Halle  
Number: 782

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:02:29

Speed: 9.22 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 169 (of 230)

Rank in course/Men: 113 (of 136)

Best time in course: 34:12

Rank in category: 4(of 4)

Best time in the category: 45:01

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	31:54	7:46	4	8:24	118	14:50	4.10	31:54	7:46	4	8:24	118	14:50
Loddenke	2.20	12:12	5:32	3	3:55	99	5:24	6.30	44:06	7:00	4	12:19	115	20:14
Ilseburg/Markt	3.30	18:23	5:34	4	5:09	106	8:03	9.60	1:02:29	6:30	4	17:28	114	28:17