



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bartels, Manfred

Club: Bernauer Lauffreunde
Number: 630

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:02:42

Speed: 8.61 km/h
Running performance: 6:32 min/km

Rank in course/Total: 172 (of 230)

Rank in course/Men: 114 (of 136)

Best time in course: 34:12

Rank in category: 1(of 4)

Best time in the category: 1:02:42

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	21:49	5:19	1	-	20	4:45	4.10	21:49	5:19	1	-	20	4:45
Loddenke	2.20	18:18	8:19	4	5:06	134	11:30	6.30	40:07	6:22	1	-	87	16:15
Ilseburg/Markt	3.30	22:35	6:50	4	4:38	132	12:15	9.60	1:02:42	6:31	1	-	115	28:30