



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Twupack, Ronny

Club: Radebeul  
Number: 841

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:03:28

Speed: 9.08 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 177 (of 230)

Rank in course/Men: 116 (of 136)

Best time in course: 34:12

Rank in category: 14(of 16)

Best time in the category: 46:01

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	33:39	8:12	15	10:04	128	16:35	4.10	33:39	8:12	15	10:04	128	16:35	
Loddenke	2.20	11:47	5:21	13	3:24	90	4:59	6.30	45:26	7:12	14	12:41	116	21:34	
Ilseburg/Markt	3.30	18:02	5:27	14	4:52	103	7:42	9.60	1:03:28	6:36	14	17:27	117	29:16	