



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Schlie, Michael

Club: LC Solbad Ravensberg
Number: 754

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:03:56

Speed: 9.01 km/h
Running performance: 6:40 min/km

Rank in course/Total: 180 (of 230)

Rank in course/Men: 117 (of 136)

Best time in course: 34:12

Rank in category: 9(of 11)

Best time in the category: 48:35

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	32:57	8:02	11	9:14	122	15:53	4.10	32:57	8:02	11	9:14	122	15:53
Loddenke	2.20	12:36	5:43	7	2:44	113	5:48	6.30	45:33	7:13	9	11:58	119	21:41
Ilseburg/Markt	3.30	18:23	5:34	7	3:43	106	8:03	9.60	1:03:56	6:39	9	15:21	118	29:44