



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Just, Thomas

Club: Brockenlaufverein
Number: 687

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:07:02

Speed: 8.59 km/h
Running performance: 6:59 min/km

Rank in course/Total: 200 (of 230)

Rank in course/Men: 125 (of 136)

Best time in course: 34:12

Rank in category: 10(of 11)

Best time in the category: 48:35

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	32:55	8:01	10	9:12	121	15:51	4.10	32:55	8:01	10	9:12	121	15:51
Loddenke	2.20	13:41	6:13	10	3:49	122	6:53	6.30	46:36	7:23	10	13:01	125	22:44
Ilseburg/Markt	3.30	20:26	6:11	10	5:46	123	10:06	9.60	1:07:02	6:58	10	18:27	126	32:50