



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Dammann-Kölsch, Franz

Club: LC Solbad Ravensberg
Number: 643

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:08:41

Speed: 7.86 km/h
Running performance: 7:09 min/km

Rank in course/Total: 205 (of 230)

Rank in course/Men: 126 (of 136)

Best time in course: 34:12

Rank in category: 11(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.	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	31:08	7:35	8	7:25	111	14:04	4.10	31:08	7:35	8	7:25	111	14:04
Loddenke	2.20	15:28	7:01	11	5:36	130	8:40	6.30	46:36	7:23	10	13:01	125	22:44
Ilseburg/Markt	3.30	22:05	6:41	11	7:25	127	11:45	9.60	1:08:41	7:09	11	20:06	127	34:29