



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Kanzok, Rudolf

Club: Pingpank.de  
Number: 851

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:09:19

Speed: 7.79 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 208 (of 230)

Rank in course/Men: 128 (of 136)

Best time in course: 34:12

Rank in category: 3(of 4)

Best time in the category: 1:02:42

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	35:26	8:38	4	13:37	132	18:22	4.10	35:26	8:38	4	13:37	132	18:22
Loddenke	2.20	14:44	6:41	2	1:32	126	7:56	6.30	50:10	7:57	4	10:03	132	26:18
Ilseburg/Markt	3.30	19:09	5:48	2	1:12	117	8:49	9.60	1:09:19	7:13	3	6:37	129	35:07