



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Proft, Martin

Club: SchiekepannElf  
Number: 736

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:09:36

Speed: 7.76 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 210 (of 230)

Rank in course/Men: 129 (of 136)

Best time in course: 34:12

Rank in category: 13(of 14)

Best time in the category: 34:12

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	33:00	8:02	14	15:56	124	15:56	4.10	33:00	8:02	14	15:56	124	15:56
Loddenke	2.20	14:28	6:34	13	7:40	124	7:40	6.30	47:28	7:32	13	23:36	129	23:36
Ilseburg/Markt	3.30	22:08	6:42	13	11:48	128	11:48	9.60	1:09:36	7:15	13	35:24	130	35:24