



48. Brockenlauf

Ilseburg / 01.09.2018

Detailed evaluation

Schirmer, Hartmut

Club: Kyffhäuserbund
Number: 751

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:10:50

Speed: 7.62 km/h
Running performance: 7:23 min/km

Rank in course/Total: 216 (of 230)

Rank in course/Men: 131 (of 136)

Best time in course: 34:12

Rank in category: 4(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	34:06	8:19	3	12:17	130	17:02	4.10	34:06	8:19	3	12:17	130	17:02	
Loddenke	2.20	15:28	7:01	3	2:16	130	8:40	6.30	49:34	7:52	3	9:27	131	25:42	
Ilseburg/Markt	3.30	21:16	6:26	3	3:19	125	10:56	9.60	1:10:50	7:22	4	8:08	132	36:38	