



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Fricke, Gerd

Club: LAV07Bad Harzburg  
Number: 657

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:11:32

Speed: 8.05 km/h  
Running performance: 7:27 min/km

Rank in course/Total: 218 (of 230)

Rank in course/Men: 132 (of 136)

Best time in course: 34:12

Rank in category: 9(of 13)

Best time in the category: 55:08

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	29:35	7:12	2	2:10	93	12:31	4.10	29:35	7:12	2	2:10	93	12:31
Loddenke	2.20	16:00	7:16	10	4:44	132	9:12	6.30	45:35	7:14	8	6:54	120	21:43
Ilseburg/Markt	3.30	25:57	7:51	11	9:30	134	15:37	9.60	1:11:32	7:27	10	33:04	133	37:20