



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Hörning, Jürgen

Club: TSV Langeoog
Number: 682

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:18:35

Speed: 6.87 km/h
Running performance: 8:11 min/km

Rank in course/Total: 224 (of 230)

Rank in course/Men: 134 (of 136)

Best time in course: 34:12

Rank in category: 11(of 13)

Best time in the category: 55:08

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	37:53	9:14	10	10:28	133	20:49	4.10	37:53	9:14	10	10:28	133	20:49
Loddenke	2.20	16:57	7:42	11	5:41	133	10:09	6.30	54:50	8:42	11	16:09	134	30:58
Ilseburg/Markt	3.30	23:45	7:11	10	7:18	133	13:25	9.60	1:18:35	8:11	12	40:07	135	44:23