



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Bethke, Thomas

Club: Cityrunner Berlin
Number: 874

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 28:39

Speed: 8.17 km/h
Running performance: 7:21 min/km

Rank in course/Total: 44 (of 50)

Rank in course/Men: 17 (of 20)

Best time in course: 14:41

Rank in category: 2(of 2)

Best time in the category: 22:46

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
Prinzess Ilse Que	1.90	14:40	7:43	2	2:25	17	7:27	1.90	14:40	7:43	2	2:25	17	7:27
Ilseburg/Markt	2.00	13:59	6:59	2	3:28	18	6:31	3.90	28:39	7:20	2	5:53	17	13:58