



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Reinecke, Frank

Club: Brockenlaufverein
Number: 402

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 38:15

Speed: 14.12 km/h
Running performance: 3:59 min/km

Rank in course/Total: 4 (of 210)

Rank in course/Men: 4 (of 132)

Best time in course: 33:33

Rank in category: 1(of 19)

Best time in the category: 38:15

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	19:16	4:41	1	-	5	2:56	4.10	19:16	4:41	1	-	5	2:56
Loddenke	2.20	7:35	3:26	1	-	6	0:50	6.30	26:51	4:15	1	-	4	3:44
Ilseburg/Markt	3.30	11:24	3:27	1	-	4	0:58	9.60	38:15	3:59	1	-	4	4:42