



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: 15.06 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 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	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	