



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Tantius, Christoph

Club: LG Osterwieck
Number: 796

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 38:33

Speed: 14.01 km/h
Running performance: 4:01 min/km

Rank in course/Total: 6 (of 210)

Rank in course/Men: 6 (of 132)

Best time in course: 33:33

Rank in category: 1(of 17)

Best time in the category: 38:33

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	19:25	4:44	1	-	6	3:05	4.10	19:25	4:44	1	-	6	3:05
Loddenke	2.20	7:29	3:24	1	-	4	0:44	6.30	26:54	4:16	1	-	6	3:47
Ilseburg/Markt	3.30	11:39	3:31	1	-	6	1:13	9.60	38:33	4:00	1	-	6	5:00