



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Thorhauer, Bernd

Club: Rennsteiglaufverein/ LG Süd  
Number: 799

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 38:42

Speed: 13.95 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 7 (of 210)

Rank in course/Men: 7 (of 132)

Best time in course: 33:33

Rank in category: 1(of 11)

Best time in the category: 38:42

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	19:25	4:44	1	-	6	3:05	4.10	19:25	4:44	1	-	6	3:05
Loddenke	2.20	7:31	3:24	1	-	5	0:46	6.30	26:56	4:16	1	-	7	3:49
Ilseburg/Markt	3.30	11:46	3:33	1	-	7	1:20	9.60	38:42	4:01	1	-	7	5:09