



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wadehn, Ricky

Club: Brockenlaufverein
Number: 534

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 40:13

Speed: 13.43 km/h
Running performance: 4:11 min/km

Rank in course/Total: 8 (of 210)

Rank in course/Men: 8 (of 132)

Best time in course: 33:33

Rank in category: 1(of 16)

Best time in the category: 40:13

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	20:03	4:53	1	-	8	3:43	4.10	20:03	4:53	1	-	8	3:43
Loddenke	2.20	7:59	3:37	1	-	7	1:14	6.30	28:02	4:26	1	-	8	4:55
Ilseburg/Markt	3.30	12:11	3:41	1	-	8	1:45	9.60	40:13	4:11	1	-	8	6:40