



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Suttkus, Thorsten

Club: SV Harzfalke Tanne
Number: 794

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 42:43

Speed: 12.64 km/h
Running performance: 4:27 min/km

Rank in course/Total: 14 (of 210)

Rank in course/Men: 14 (of 132)

Best time in course: 33:33

Rank in category: 3(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	21:13	5:10	3	1:57	14	4:53	4.10	21:13	5:10	3	1:57	14	4:53
Loddenke	2.20	8:23	3:48	2	0:48	12	1:38	6.30	29:36	4:41	3	2:45	14	6:29
Ilseburg/Markt	3.30	13:07	3:58	6	1:43	18	2:41	9.60	42:43	4:26	3	4:28	14	9:10