



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Moosdorf, Thomas

Club: Naundorf
Number: 742

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:45

Speed: 12.34 km/h
Running performance: 4:34 min/km

Rank in course/Total: 15 (of 210)

Rank in course/Men: 15 (of 132)

Best time in course: 33:33

Rank in category: 4(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	22:20	5:26	5	3:04	19	6:00	4.10	22:20	5:26	5	3:04	19	6:00
Loddenke	2.20	8:44	3:58	6	1:09	21	1:59	6.30	31:04	4:55	5	4:13	18	7:57
Ilseburg/Markt	3.30	12:41	3:50	2	1:17	12	2:15	9.60	43:45	4:33	4	5:30	15	10:12