



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Krahn, Daniel

Club: Oberschule Braunlage
Number: 716

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:47

Speed: 12.33 km/h
Running performance: 4:34 min/km

Rank in course/Total: 16 (of 210)

Rank in course/Men: 16 (of 132)

Best time in course: 33:33

Rank in category: 5(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	21:51	5:19	4	2:35	15	5:31	4.10	21:51	5:19	4	2:35	15	5:31
Loddenke	2.20	9:01	4:05	7	1:26	25	2:16	6.30	30:52	4:53	4	4:01	16	7:45
Ilseburg/Markt	3.30	12:55	3:54	5	1:31	15	2:29	9.60	43:47	4:33	5	5:32	16	10:14