



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Bartel, Thomas

Club: Stützpunkt Staufenberg
Number: 643

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:13

Speed: 12.21 km/h
Running performance: 4:37 min/km

Rank in course/Total: 17 (of 210)

Rank in course/Men: 17 (of 132)

Best time in course: 33:33

Rank in category: 6(of 19)

Best time in the category: 38:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking								
				Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	22:59	5:36	7	3:43	24	6:39	4.10	22:59	5:36	7	3:43	24	6:39
Loddenke	2.20	8:23	3:48	2	0:48	12	1:38	6.30	31:22	4:58	7	4:31	22	8:15
Ilseburg/Markt	3.30	12:51	3:53	4	1:27	14	2:25	9.60	44:13	4:36	6	5:58	17	10:40