



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Ehrenberg, Bernd

Club: Turnerbund Hamburg Eilbeck
Number: 665

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 44:15

Speed: 12.20 km/h
Running performance: 4:37 min/km

Rank in course/Total: 18 (of 210)

Rank in course/Men: 18 (of 132)

Best time in course: 33:33

Rank in category: 1(of 10)

Best time in the category: 44:15

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	22:37	5:30	1	-	23	6:17	4.10	22:37	5:30	1	-	23	6:17
Loddenke	2.20	8:27	3:50	1	-	14	1:42	6.30	31:04	4:55	1	-	18	7:57
Ilseburg/Markt	3.30	13:11	3:59	1	-	19	2:45	9.60	44:15	4:36	1	-	18	10:42