



# 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: 13.02 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	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	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