



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Voland, Ben

Club: Leipzig  
Number: 805

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 44:31

Speed: 12.13 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 20 (of 210)

Rank in course/Men: 19 (of 132)

Best time in course: 33:33

Rank in category: 2(of 15)

Best time in the category: 41:27

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	22:19	5:26	2	1:41	18	5:59	4.10	22:19	5:26	2	1:41	18	5:59
Loddenke	2.20	8:49	4:00	2	0:28	23	2:04	6.30	31:08	4:56	2	2:09	21	8:01
Ilseburg/Markt	3.30	13:23	4:03	2	0:55	21	2:57	9.60	44:31	4:38	2	3:04	19	10:58