



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schäfer, Ingo

Club: TSG GutsMuths 1860 Quedlinburg
Number: 772

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:44

Speed: 12.07 km/h
Running performance: 4:40 min/km

Rank in course/Total: 22 (of 210)

Rank in course/Men: 21 (of 132)

Best time in course: 33:33

Rank in category: 7(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	22:30	5:29	6	3:14	21	6:10	4.10	22:30	5:29	6	3:14	21	6:10
Loddenke	2.20	8:37	3:54	5	1:02	16	1:52	6.30	31:07	4:56	6	4:16	20	8:00
Ilseburg/Markt	3.30	13:37	4:07	7	2:13	22	3:11	9.60	44:44	4:39	7	6:29	21	11:11