



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Lehmann, Jörg

Club: Harzlinikum WR BSG
Number: 728

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:51

Speed: 12.84 km/h
Running performance: 4:40 min/km

Rank in course/Total: 24 (of 210)

Rank in course/Men: 23 (of 132)

Best time in course: 33:33

Rank in category: 3(of 16)

Best time in the category: 40:13

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	22:09	5:24	3	2:06	17	5:49	4.10	22:09	5:24	3	2:06	17	5:49	
Loddenke	2.20	8:37	3:54	3	0:38	16	1:52	6.30	30:46	4:53	3	2:44	15	7:39	
Ilseburg/Markt	3.30	14:05	4:16	5	1:54	34	3:39	9.60	44:51	4:40	3	4:38	23	11:18	