



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Böhme, Alf

Club: Wolfenbüttel
Number: 650

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 46:27

Speed: 12.40 km/h
Running performance: 4:50 min/km

Rank in course/Total: 30 (of 210)

Rank in course/Men: 27 (of 132)

Best time in course: 33:33

Rank in category: 2(of 11)

Best time in the category: 38:42

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Ilsestein	4.10	23:31	5:44	2	4:06	28	7:11	4.10	23:31	5:44	2	4:06	28	7:11
Loddenke	2.20	9:11	4:10	2	1:40	27	2:26	6.30	32:42	5:11	2	5:46	27	9:35
Ilseburg/Markt	3.30	13:45	4:10	2	1:59	27	3:19	9.60	46:27	4:50	2	7:45	27	12:54