



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hofmann, Raik

Club: USC Magdeburg
Number: 692

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:42

Speed: 12.33 km/h
Running performance: 4:52 min/km

Rank in course/Total: 32 (of 210)

Rank in course/Men: 29 (of 132)

Best time in course: 33:33

Rank in category: 2(of 10)

Best time in the category: 46:41

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	23:37	5:45	2	0:18	29	7:17	4.10	23:37	5:45	2	0:18	29	7:17
Loddenke	2.20	9:21	4:14	1	-	31	2:36	6.30	32:58	5:13	2	0:18	29	9:51
Ilseburg/Markt	3.30	13:44	4:09	1	-	25	3:18	9.60	46:42	4:51	2	0:01	29	13:09