



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Thieme-Zwipp, Mike

Club: Braunschweig
Number: 798

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:14

Speed: 11.43 km/h
Running performance: 4:55 min/km

Rank in course/Total: 34 (of 210)

Rank in course/Men: 31 (of 132)

Best time in course: 33:33

Rank in category: 3(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	23:29	5:43	3	2:51	27	7:09	4.10	23:29	5:43	3	2:51	27	7:09
Loddenke	2.20	9:30	4:19	3	1:09	36	2:45	6.30	32:59	5:14	3	4:00	30	9:52
Ilseburg/Markt	3.30	14:15	4:19	3	1:47	36	3:49	9.60	47:14	4:55	3	5:47	31	13:41