



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: 12.19 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 | |