



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Gerhardy, Fynn

Club: Garbsen
Number: 693

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 47:52

Speed: 12.03 km/h
Running performance: 4:59 min/km

Rank in course/Total: 36 (of 210)

Rank in course/Men: 33 (of 132)

Best time in course: 33:33

Rank in category: 8(of 17)

Best time in the category: 33:33

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	24:07	5:52	7	7:47	31	7:47	4.10	24:07	5:52	7	7:47	31	7:47
Loddenke	2.20	9:47	4:26	8	3:02	43	3:02	6.30	33:54	5:22	8	10:47	33	10:47
Ilseburg/Markt	3.30	13:58	4:13	8	3:32	31	3:32	9.60	47:52	4:59	8	14:19	33	14:19