



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lude, Mario

Club: Jimmys Lauftreff
Number: 736

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:23

Speed: 11.16 km/h
Running performance: 5:02 min/km

Rank in course/Total: 39 (of 210)

Rank in course/Men: 35 (of 132)

Best time in course: 33:33

Rank in category: 4(of 17)

Best time in the category: 38:33

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	24:25	5:57	4	5:00	35	8:05	4.10	24:25	5:57	4	5:00	35	8:05
Loddenke	2.20	9:42	4:24	6	2:13	40	2:57	6.30	34:07	5:24	4	7:13	34	11:00
Ilseburg/Markt	3.30	14:16	4:19	4	2:37	37	3:50	9.60	48:23	5:02	4	9:50	35	14:50