



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Ziep, Michel

Club: Jimmys Lauftreff  
Number: 821

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 48:37

Speed: 11.11 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 40 (of 210)

Rank in course/Men: 36 (of 132)

Best time in course: 33:33

Rank in category: 5(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	24:34	5:59	5	5:09	36	8:14	4.10	24:34	5:59	5	5:09	36	8:14
Loddenke	2.20	9:33	4:20	5	2:04	37	2:48	6.30	34:07	5:24	4	7:13	34	11:00
Ilseburg/Markt	3.30	14:30	4:23	5	2:51	41	4:04	9.60	48:37	5:03	5	10:04	36	15:04