



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Keddy, Aaron

Club: Team Erdinger Alkoholfrei  
Number: 704

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 49:33

Speed: 10.90 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 45 (of 210)

Rank in course/Men: 40 (of 132)

Best time in course: 33:33

Rank in category: 10(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	26:30	6:27	11	10:10	66	10:10	4.10	26:30	6:27	11	10:10	66	10:10
Loddenke	2.20	9:19	4:14	7	2:34	29	2:34	6.30	35:49	5:41	10	12:42	53	12:42
Ilseburg/Markt	3.30	13:44	4:09	7	3:18	25	3:18	9.60	49:33	5:09	10	16:00	40	16:00