



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Hellweg, Karsten

Club: LGV Marathon Giessen
Number: 685

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:34

Speed: 11.62 km/h
Running performance: 5:10 min/km

Rank in course/Total: 46 (of 210)

Rank in course/Men: 41 (of 132)

Best time in course: 33:33

Rank in category: 4(of 11)

Best time in the category: 38:42

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:00	6:20	3	6:35	52	9:40	4.10	26:00	6:20	3	6:35	52	9:40
Loddenke	2.20	9:25	4:16	4	1:54	34	2:40	6.30	35:25	5:37	3	8:29	48	12:18
Ilseburg/Markt	3.30	14:09	4:17	4	2:23	35	3:43	9.60	49:34	5:09	4	10:52	41	16:01