



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lüneburg, Detlef

Number: 865

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:44

Speed: 10.86 km/h

Running performance: 5:11 min/km

Rank in course/Total: 47 (of 210)

Rank in course/Men: 42 (of 132)

Best time in course: 33:33

Rank in category: 8(of 19)

Best time in the category: 38:15

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	25:11	6:08	8	5:55	42	8:51	4.10	25:11	6:08	8	5:55	42	8:51
Loddenke	2.20	9:55	4:30	11	2:20	49	3:10	6.30	35:06	5:34	8	8:15	41	11:59
Ilseburg/Markt	3.30	14:38	4:26	8	3:14	43	4:12	9.60	49:44	5:10	8	11:29	42	16:11