



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Dittrich, Frank

Club: Langeln  
Number: 660

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 49:47

Speed: 10.85 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 48 (of 210)

Rank in course/Men: 43 (of 132)

Best time in course: 33:33

Rank in category: 4(of 15)

Best time in the category: 41:27

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	25:23	6:11	5	4:45	46	9:03	4.10	25:23	6:11	5	4:45	46	9:03
Loddenke	2.20	9:48	4:27	5	1:27	45	3:03	6.30	35:11	5:35	5	6:12	42	12:04
Ilseburg/Markt	3.30	14:36	4:25	4	2:08	42	4:10	9.60	49:47	5:11	4	8:20	43	16:14