



49. Brockenlauf  
 Ilsenburg / 07.09.2019

Detailed evaluation

Selz, Christian

Number: 855

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 49:59

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 50 (of 210)

Rank in course/Men: 44 (of 132)

Best time in course: 33:33

Rank in category: 6(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	26:12	6:23	8	6:47	56	9:52	4.10	26:12	6:23	8	6:47	56	9:52
Loddenke	2.20	9:05	4:07	4	1:36	26	2:20	6.30	35:17	5:36	7	8:23	45	12:10
Ilsenburg/Markt	3.30	14:42	4:27	6	3:03	44	4:16	9.60	49:59	5:12	6	11:26	44	16:26