



49. Brockenlauf Ilsenburg / 07.09.2019

Detailed evaluation

Brune, Alexander

Club: Ski-Klub Wernigerode
Number: 655

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:02

Speed: 10.79 km/h
Running performance: 5:13 min/km

Rank in course/Total: 52 (of 210)

Rank in course/Men: 46 (of 132)

Best time in course: 33:33

Rank in category: 9(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	25:27	6:12	10	6:11	48	9:07	4.10	25:27	6:12	10	6:11	48	9:07
Loddenke	2.20	9:48	4:27	10	2:13	45	3:03	6.30	35:15	5:35	9	8:24	43	12:08
Ilsenburg/Markt	3.30	14:47	4:28	9	3:23	47	4:21	9.60	50:02	5:12	9	11:47	46	16:29