



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Gröger, Benjamin

Club: Ganderkesee
Number: 679

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 50:04

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

Rank in course/Total: 53 (of 210)

Rank in course/Men: 47 (of 132)

Best time in course: 33:33

Rank in category: 7(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	24:54	6:04	6	5:29	40	8:34	4.10	24:54	6:04	6	5:29	40	8:34
Loddenke	2.20	10:21	4:42	10	2:52	63	3:36	6.30	35:15	5:35	6	8:21	43	12:08
Ilseburg/Markt	3.30	14:49	4:29	8	3:10	49	4:23	9.60	50:04	5:12	7	11:31	47	16:31