



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Stagge, Mario

Club: Ilseburg
Number: 789

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:06

Speed: 10.78 km/h
Running performance: 5:13 min/km

Rank in course/Total: 55 (of 210)

Rank in course/Men: 48 (of 132)

Best time in course: 33:33

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	24:48	6:02	4	4:10	39	8:28	4.10	24:48	6:02	4	4:10	39	8:28
Loddenke	2.20	9:54	4:30	6	1:33	47	3:09	6.30	34:42	5:30	4	5:43	39	11:35
Ilseburg/Markt	3.30	15:24	4:40	8	2:56	59	4:58	9.60	50:06	5:13	6	8:39	48	16:33