



49. Brockenlauf Ilsenburg / 07.09.2019

Detailed evaluation

Zygmunt, Andreas

Number: 823

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 50:07

Speed: 10.77 km/h

Running performance: 5:13 min/km

Rank in course/Total: 56 (of 210)

Rank in course/Men: 49 (of 132)

Best time in course: 33:33

Rank in category: 7(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	25:46	6:17	7	5:08	49	9:26	4.10	25:46	6:17	7	5:08	49	9:26
Loddenke	2.20	9:38	4:22	4	1:17	39	2:53	6.30	35:24	5:37	7	6:25	47	12:17
Ilsenburg/Markt	3.30	14:43	4:27	6	2:15	46	4:17	9.60	50:07	5:13	7	8:40	49	16:34