



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Heese, Alexander

Club: Braunlage  
Number: 683

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:37

Speed: 10.67 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 61 (of 210)

Rank in course/Men: 51 (of 132)

Best time in course: 33:33

Rank in category: 6(of 16)

Best time in the category: 40:13

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	24:41	6:01	5	4:38	37	8:21	4.10	24:41	6:01	5	4:38	37	8:21	
Loddenke	2.20	10:10	4:37	6	2:11	54	3:25	6.30	34:51	5:31	6	6:49	40	11:44	
Ilseburg/Markt	3.30	15:46	4:46	10	3:35	73	5:20	9.60	50:37	5:16	6	10:24	51	17:04	