



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lich, Alexander

Club: SC DHfK Leipzig
Number: 305

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:49

Speed: 10.63 km/h
Running performance: 5:17 min/km

Rank in course/Total: 64 (of 210)

Rank in course/Men: 52 (of 132)

Best time in course: 33:33

Rank in category: 10(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.	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	26:14	6:23	12	6:58	58	9:54	4.10	26:14	6:23	12	6:58	58	9:54
Loddenke	2.20	9:45	4:25	9	2:10	42	3:00	6.30	35:59	5:42	12	9:08	56	12:52
Ilseburg/Markt	3.30	14:50	4:29	10	3:26	50	4:24	9.60	50:49	5:17	10	12:34	52	17:16