



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Kumru, Sinan

Number: 859

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:09

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 67 (of 210)

Rank in course/Men: 54 (of 132)

Best time in course: 33:33

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	25:16	6:09	7	5:13	45	8:56	4.10	25:16	6:09	7	5:13	45	8:56
Loddenke	2.20	10:26	4:44	9	2:27	67	3:41	6.30	35:42	5:40	7	7:40	51	12:35
Ilseburg/Markt	3.30	15:27	4:40	7	3:16	62	5:01	9.60	51:09	5:19	7	10:56	54	17:36