



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Hinsche, Daniel

Club: Bundeswehr  
Number: 689

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 51:23

Speed: 11.21 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 69 (of 210)

Rank in course/Men: 56 (of 132)

Best time in course: 33:33

Rank in category: 9(of 17)

Best time in the category: 38:33

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:06	6:21	7	6:41	54	9:46	4.10	26:06	6:21	7	6:41	54	9:46
Loddenke	2.20	10:13	4:38	9	2:44	58	3:28	6.30	36:19	5:45	9	9:25	59	13:12
Ilseburg/Markt	3.30	15:04	4:33	9	3:25	52	4:38	9.60	51:23	5:21	9	12:50	56	17:50