



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Klose, Stephan

Club: Bonn
Number: 710

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:54

Speed: 11.10 km/h
Running performance: 5:25 min/km

Rank in course/Total: 72 (of 210)

Rank in course/Men: 59 (of 132)

Best time in course: 33:33

Rank in category: 8(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		Total		Total		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.			
Ilsestein	4.10	26:29	6:27	9	6:26	64	10:09	4.10	26:29	6:27	9	6:26	64	10:09	
Loddenke	2.20	10:11	4:37	7	2:12	56	3:26	6.30	36:40	5:49	8	8:38	60	13:33	
Ilseburg/Markt	3.30	15:14	4:36	6	3:03	57	4:48	9.60	51:54	5:24	8	11:41	59	18:21	