



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Niemann, Marc

Club: Braunschweig
Number: 751

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 52:47

Speed: 10.91 km/h
Running performance: 5:30 min/km

Rank in course/Total: 77 (of 210)

Rank in course/Men: 62 (of 132)

Best time in course: 33:33

Rank in category: 3(of 10)

Best time in the category: 46:41

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	25:47	6:17	3	2:28	50	9:27	4.10	25:47	6:17	3	2:28	50	9:27
Loddenke	2.20	11:52	5:23	8	2:31	100	5:07	6.30	37:39	5:58	3	4:59	67	14:32
Ilseburg/Markt	3.30	15:08	4:35	3	1:24	54	4:42	9.60	52:47	5:29	3	6:06	62	19:14