



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Garbuszus, Jürgen

Club: Jog n Walk
Number: 672

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:57

Speed: 10.20 km/h
Running performance: 5:31 min/km

Rank in course/Total: 79 (of 210)

Rank in course/Men: 63 (of 132)

Best time in course: 33:33

Rank in category: 14(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	26:57	6:34	14	7:41	69	10:37	4.10	26:57	6:34	14	7:41	69	10:37
Loddenke	2.20	10:08	4:36	12	2:33	53	3:23	6.30	37:05	5:53	14	10:14	62	13:58
Ilseburg/Markt	3.30	15:52	4:48	14	4:28	74	5:26	9.60	52:57	5:30	14	14:42	63	19:24