



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Papies, Nick

Club: SchiekepannELF
Number: 754

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:06

Speed: 10.17 km/h
Running performance: 5:32 min/km

Rank in course/Total: 82 (of 210)

Rank in course/Men: 66 (of 132)

Best time in course: 33:33

Rank in category: 10(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:12	6:38	10	7:09	70	10:52	4.10	27:12	6:38	10	7:09	70	10:52
Loddenke	2.20	10:20	4:41	8	2:21	62	3:35	6.30	37:32	5:57	10	9:30	66	14:25
Ilseburg/Markt	3.30	15:34	4:43	8	3:23	66	5:08	9.60	53:06	5:31	10	12:53	66	19:33