



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Ruch, Christian

Club: Team Erdinger Alkoholfrei  
Number: 769

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:25

Speed: 10.78 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 84 (of 210)

Rank in course/Men: 67 (of 132)

Best time in course: 33:33

Rank in category: 9(of 15)

Best time in the category: 41:27

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	26:27	6:27	9	5:49	62	10:07	4.10	26:27	6:27	9	5:49	62	10:07
Loddenke	2.20	11:34	5:15	10	3:13	90	4:49	6.30	38:01	6:02	9	9:02	70	14:54
Ilseburg/Markt	3.30	15:24	4:40	8	2:56	59	4:58	9.60	53:25	5:33	9	11:58	67	19:52