



# 49. Brockenlauf

Ilseburg / 07.09.2019

## Detailed evaluation

**Thomas, Danny**

Club: FSV Grün-Weiß Ilseburg  
Number: 857

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 53:34

Speed: 10.08 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 85 (of 210)

Rank in course/Men: 68 (of 132)

Best time in course: 33:33

Rank in category: 4(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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	26:41	6:30	4	3:22	67	10:21	4.10	26:41	6:30	4	3:22	67	10:21	
Loddenke	2.20	11:20	5:09	4	1:59	83	4:35	6.30	38:01	6:02	4	5:21	70	14:54	
Ilseburg/Markt	3.30	15:33	4:42	5	1:49	65	5:07	9.60	53:34	5:34	4	6:53	68	20:01	