



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Golz, Andreas

Club: Wasserfreunde Stendal
Number: 678

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 54:00

Speed: 10.00 km/h
Running performance: 5:37 min/km

Rank in course/Total: 88 (of 210)

Rank in course/Men: 71 (of 132)

Best time in course: 33:33

Rank in category: 2(of 10)

Best time in the category: 44:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	27:43	6:45	4	76	5:06	11:23	4.10	27:43	6:45	4	76	5:06	11:23
Loddenke	2.20	10:50	4:55	4	74	2:23	4:05	6.30	38:33	6:07	4	77	7:29	15:26
Ilseburg/Markt	3.30	15:27	4:40	2	62	2:16	5:01	9.60	54:00	5:37	2	71	9:45	20:27