



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 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	27:43	6:45	4	5:06	76	11:23	4.10	27:43	6:45	4	5:06	76	11:23
Loddenke	2.20	10:50	4:55	4	2:23	74	4:05	6.30	38:33	6:07	4	7:29	77	15:26
Ilseburg/Markt	3.30	15:27	4:40	2	2:16	62	5:01	9.60	54:00	5:37	2	9:45	71	20:27