



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kremling, Thomas

Club: SchiekepannELF
Number: 718

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 55:16

Speed: 9.77 km/h
Running performance: 5:46 min/km

Rank in course/Total: 97 (of 210)

Rank in course/Men: 76 (of 132)

Best time in course: 33:33

Rank in category: 12(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	10:52	4:56	11	2:53	75	4:07	6.30	38:04	6:02	12	10:02	73	14:57
Ilseburg/Markt	3.30	17:12	5:12	12	5:01	94	6:46	9.60	55:16	5:45	12	15:03	76	21:43