



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Bauer, Ralf**

Club: NIX tun kann JEDER  
Number: 644

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:33

Speed: 9.72 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 98 (of 210)

Rank in course/Men: 77 (of 132)

Best time in course: 33:33

Rank in category: 15(of 19)

Best time in the category: 38:15

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	29:08	7:06	18	9:52	90	12:48	4.10	29:08	7:06	18	9:52	90	12:48
Loddenke	2.20	10:17	4:40	14	2:42	59	3:32	6.30	39:25	6:15	15	12:34	79	16:18
Ilseburg/Markt	3.30	16:08	4:53	16	4:44	78	5:42	9.60	55:33	5:47	15	17:18	77	22:00