



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Weidemann, Arndt

Club: Stadtoldendorf
Number: 811

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:03

Speed: 10.28 km/h
Running performance: 5:50 min/km

Rank in course/Total: 103 (of 210)

Rank in course/Men: 79 (of 132)

Best time in course: 33:33

Rank in category: 16(of 19)

Best time in the category: 38:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	28:52	7:02	17	9:36	87	12:32	4.10	28:52	7:02	17	9:36	87	12:32
Loddenke	2.20	11:35	5:15	18	4:00	91	4:50	6.30	40:27	6:25	18	13:36	90	17:20
Ilseburg/Markt	3.30	15:36	4:43	12	4:12	68	5:10	9.60	56:03	5:50	16	17:48	79	22:30