



49. Brockenlauf  
 Ilsenburg / 07.09.2019

Detailed evaluation

Ziep, René

Club: Jimmys Lauftreff  
 Number: 822

Course: 9.60 km  
 9,6 km - Lauf

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 56:08

Speed: 9.62 km/h  
 Running performance: 5:51 min/km

Rank in course/Total: 104 (of 210)

Rank in course/Men: 80 (of 132)

Best time in course: 33:33

Rank in category: 17(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
Ilsenstein	4.10	28:43	7:00	15	9:27	85	12:23	4.10	28:43	7:00	15	9:27	85	12:23
Loddenke	2.20	11:05	5:02	17	3:30	80	4:20	6.30	39:48	6:19	17	12:57	85	16:41
Ilsenburg/Markt	3.30	16:20	4:56	17	4:56	81	5:54	9.60	56:08	5:50	17	17:53	80	22:35