



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Seeger, Bernd

Club: NIX tun kann JEDER  
Number: 780

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 56:29

Speed: 10.20 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 108 (of 210)

Rank in course/Men: 82 (of 132)

Best time in course: 33:33

Rank in category: 2(of 5)

Best time in the category: 50:35

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	27:57	6:49	2	1:58	77	11:37	4.10	27:57	6:49	2	1:58	77	11:37
Loddenke	2.20	11:28	5:12	2	1:18	87	4:43	6.30	39:25	6:15	2	3:16	79	16:18
Ilseburg/Markt	3.30	17:04	5:10	2	2:38	93	6:38	9.60	56:29	5:53	2	5:54	82	22:56