



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kronsbein, Manfred

Club: LGV Marathon Giessen
Number: 721

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M75 (75 und älter)

Total time: 56:30

Speed: 9.56 km/h
Running performance: 5:53 min/km

Rank in course/Total: 109 (of 210)

Rank in course/Men: 83 (of 132)

Best time in course: 33:33

Rank in category: 1(of 4)

Best time in the category: 56:30

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	1	-	90	12:48	4.10	29:08	7:06	1	-	90	12:48
Loddenke	2.20	11:41	5:18	1	-	96	4:56	6.30	40:49	6:28	1	-	92	17:42
Ilseburg/Markt	3.30	15:41	4:45	1	-	72	5:15	9.60	56:30	5:53	1	-	83	22:57