



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Gieraths, Alexander

Club: Calbe
Number: 674

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:06

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 112 (of 210)

Rank in course/Men: 85 (of 132)

Best time in course: 33:33

Rank in category: 18(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	28:47	7:01	16	9:31	86	12:27	4.10	28:47	7:01	16	9:31	86	12:27
Loddenke	2.20	10:55	4:57	16	3:20	78	4:10	6.30	39:42	6:18	16	12:51	83	16:35
Ilseburg/Markt	3.30	17:24	5:16	18	6:00	101	6:58	9.60	57:06	5:56	18	18:51	85	23:33