



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Rübesamen, Erik

Club: LSG Muskelkater  
Number: 768

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:07

Speed: 9.45 km/h  
Running performance: 5:57 min/km

Rank in course/Total: 113 (of 210)

Rank in course/Men: 86 (of 132)

Best time in course: 33:33

Rank in category: 7(of 10)

Best time in the category: 46:41

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	29:11	7:07	7	5:52	94	12:51	4.10	29:11	7:07	7	5:52	94	12:51
Loddenke	2.20	11:49	5:22	7	2:28	98	5:04	6.30	41:00	6:30	7	8:20	93	17:53
Ilseburg/Markt	3.30	16:07	4:53	6	2:23	77	5:41	9.60	57:07	5:56	7	10:26	86	23:34