



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Blume, Roland

Club: Mötzlicher Renner
Number: 647

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 57:21

Speed: 9.42 km/h
Running performance: 5:58 min/km

Rank in course/Total: 118 (of 210)

Rank in course/Men: 89 (of 132)

Best time in course: 33:33

Rank in category: 4(of 10)

Best time in the category: 44:15

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	28:42	7:00	5	6:05	84	12:22	4.10	28:42	7:00	5	6:05	84	12:22
Loddenke	2.20	11:27	5:12	5	3:00	86	4:42	6.30	40:09	6:22	5	9:05	87	17:02
Ilseburg/Markt	3.30	17:12	5:12	5	4:01	94	6:46	9.60	57:21	5:58	4	13:06	89	23:48