



# 49. Brockenlauf

Ilseburg / 07.09.2019

## Detailed evaluation

**Dannhauer, Michael**

Club: Wernigerode  
Number: 658

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 58:15

Speed: 9.27 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 127 (of 210)

Rank in course/Men: 94 (of 132)

Best time in course: 33:33

Rank in category: 13(of 16)

Best time in the category: 40:13

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	28:11	6:52	13	8:08	80	11:51	4.10	28:11	6:52	13	8:08	80	11:51
Loddenke	2.20	12:05	5:29	14	4:06	106	5:20	6.30	40:16	6:23	13	12:14	88	17:09
Ilseburg/Markt	3.30	17:59	5:26	15	5:48	108	7:33	9.60	58:15	6:04	13	18:02	94	24:42