



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Gehnke, Thomas

Number: 673

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 58:21

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 129 (of 210)

Rank in course/Men: 95 (of 132)

Best time in course: 33:33

Rank in category: 15(of 17)

Best time in the category: 38:33

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	31:10	7:36	15	11:45	110	14:50	4.10	31:10	7:36	15	11:45	110	14:50
Loddenke	2.20	11:36	5:16	15	4:07	93	4:51	6.30	42:46	6:47	15	15:52	106	19:39
Ilseburg/Markt	3.30	15:35	4:43	12	3:56	67	5:09	9.60	58:21	6:04	15	19:48	95	24:48