



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Fried, Benedikt

Club: Braunschweig
Number: 670

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 58:46

Speed: 9.19 km/h
Running performance: 6:07 min/km

Rank in course/Total: 136 (of 210)

Rank in course/Men: 98 (of 132)

Best time in course: 33:33

Rank in category: 13(of 17)

Best time in the category: 33:33

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	30:21	7:24	14	14:01	103	14:01	4.10	30:21	7:24	14	14:01	103	14:01
Loddenke	2.20	11:51	5:23	14	5:06	99	5:06	6.30	42:12	6:41	14	19:05	102	19:05
Ilseburg/Markt	3.30	16:34	5:01	13	6:08	83	6:08	9.60	58:46	6:07	13	25:13	98	25:13