



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Förster, Norbert

Club: Braunschweig  
Number: 669

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 58:47

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

Rank in course/Total: 137 (of 210)

Rank in course/Men: 99 (of 132)

Best time in course: 33:33

Rank in category: 11(of 15)

Best time in the category: 41:27

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	30:34	7:27	12	9:56	106	14:14	4.10	30:34	7:27	12	9:56	106	14:14
Loddenke	2.20	11:36	5:16	11	3:15	93	4:51	6.30	42:10	6:41	12	13:11	101	19:03
Ilseburg/Markt	3.30	16:37	5:02	11	4:09	84	6:11	9.60	58:47	6:07	11	17:20	99	25:14