



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Meier, Rene

Club: Nix tun kann jeder  
Number: 843

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 59:12

Speed: 9.73 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 142 (of 210)

Rank in course/Men: 101 (of 132)

Best time in course: 33:33

Rank in category: 12(of 15)

Best time in the category: 41:27

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	29:49	7:16	11	9:11	100	13:29	4.10	29:49	7:16	11	9:11	100	13:29
Loddenke	2.20	12:01	5:27	13	3:40	105	5:16	6.30	41:50	6:38	11	12:51	99	18:43
Ilseburg/Markt	3.30	17:22	5:15	13	4:54	99	6:56	9.60	59:12	6:10	12	17:45	101	25:39