



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Hartmann, Leonard

Number: 681

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 59:36

Speed: 9.06 km/h

Running performance: 6:13 min/km

Rank in course/Total: 143 (of 210)

Rank in course/Men: 102 (of 132)

Best time in course: 33:33

Rank in category: 9(of 10)

Best time in the category: 46:41

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	30:15	7:22	9	6:56	101	13:55	4.10	30:15	7:22	9	6:56	101	13:55
Loddenke	2.20	11:57	5:25	9	2:36	103	5:12	6.30	42:12	6:41	9	9:32	102	19:05
Ilseburg/Markt	3.30	17:24	5:16	9	3:40	101	6:58	9.60	59:36	6:12	9	12:55	102	26:03