



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hartmann, Martin

Club: Twieflingen
Number: 682

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 59:37

Speed: 9.06 km/h
Running performance: 6:13 min/km

Rank in course/Total: 144 (of 210)

Rank in course/Men: 103 (of 132)

Best time in course: 33:33

Rank in category: 8(of 11)

Best time in the category: 38:42

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	30:16	7:22	9	10:51	102	13:56	4.10	30:16	7:22	9	10:51	102	13:56
Loddenke	2.20	11:56	5:25	7	4:25	101	5:11	6.30	42:12	6:41	9	15:16	102	19:05
Ilseburg/Markt	3.30	17:25	5:16	8	5:39	103	6:59	9.60	59:37	6:12	8	20:55	103	26:04