



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dietrich, Nico

Number: 919

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:19

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 149 (of 210)

Rank in course/Men: 105 (of 132)

Best time in course: 33:33

Rank in category: 14(of 16)

Best time in the category: 40:13

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	31:21	7:38	15	11:18	113	15:01	4.10	31:21	7:38	15	11:18	113	15:01
Loddenke	2.20	11:35	5:15	13	3:36	91	4:50	6.30	42:56	6:48	14	14:54	107	19:49
Ilseburg/Markt	3.30	17:23	5:16	13	5:12	100	6:57	9.60	1:00:19	6:16	14	20:06	105	26:46