



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Surma, Klaus

Number: 849

Course: 9.60 km

9,6 km - Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:00:47

Speed: 8.88 km/h

Running performance: 6:20 min/km

Rank in course/Total: 152 (of 210)

Rank in course/Men: 106 (of 132)

Best time in course: 33:33

Rank in category: 3(of 5)

Best time in the category: 50:35

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	30:27	7:25	3	4:28	104	14:07	4.10	30:27	7:25	3	4:28	104	14:07
Loddenke	2.20	12:17	5:34	3	2:07	109	5:32	6.30	42:44	6:46	3	6:35	105	19:37
Ilseburg/Markt	3.30	18:03	5:28	3	3:37	109	7:37	9.60	1:00:47	6:19	3	10:12	106	27:14