



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Sandt, René

Club: Tangermünde  
Number: 771

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:02:14

Speed: 8.68 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 157 (of 210)

Rank in course/Men: 109 (of 132)

Best time in course: 33:33

Rank in category: 15(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	31:23	7:39	16	11:20	114	15:03	4.10	31:23	7:39	16	11:20	114	15:03
Loddenke	2.20	13:00	5:54	15	5:01	118	6:15	6.30	44:23	7:02	15	16:21	112	21:16
Ilseburg/Markt	3.30	17:51	5:24	14	5:40	106	7:25	9.60	1:02:14	6:28	15	22:01	109	28:41