



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dörge, Maik

Club: Elbingerode
Number: 661

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:02:17

Speed: 8.67 km/h
Running performance: 6:29 min/km

Rank in course/Total: 159 (of 210)

Rank in course/Men: 110 (of 132)

Best time in course: 33:33

Rank in category: 10(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	31:08	7:35	10	7:49	109	14:48	4.10	31:08	7:35	10	7:49	109	14:48
Loddenke	2.20	12:51	5:50	10	3:30	117	6:06	6.30	43:59	6:58	10	11:19	111	20:52
Ilseburg/Markt	3.30	18:18	5:32	10	4:34	111	7:52	9.60	1:02:17	6:29	10	15:36	110	28:44