



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Hillmer, Frank

Club: Leipzig  
Number: 688

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:04:32

Speed: 8.37 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 176 (of 210)

Rank in course/Men: 115 (of 132)

Best time in course: 33:33

Rank in category: 11(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	33:29	8:10	11	14:04	118	17:09	4.10	33:29	8:10	11	14:04	118	17:09
Loddenke	2.20	12:24	5:38	10	4:53	111	5:39	6.30	45:53	7:16	11	18:57	115	22:46
Ilseburg/Markt	3.30	18:39	5:39	10	6:53	112	8:13	9.60	1:04:32	6:43	11	25:50	115	30:59