



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Nautrup, Jens Peder

Club: Faaborg Ski- og Motionsklub
Number: 748

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:05:12

Speed: 8.83 km/h
Running performance: 6:47 min/km

Rank in course/Total: 179 (of 210)

Rank in course/Men: 117 (of 132)

Best time in course: 33:33

Rank in category: 8(of 10)

Best time in the category: 44:15

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	34:50	8:29	9	12:13	123	18:30	4.10	34:50	8:29	9	12:13	123	18:30
Loddenke	2.20	11:37	5:16	6	3:10	95	4:52	6.30	46:27	7:22	9	15:23	118	23:20
Ilseburg/Markt	3.30	18:45	5:40	7	5:34	113	8:19	9.60	1:05:12	6:47	8	20:57	117	31:39