



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Rüger, Christopher

Club: Rostock  
Number: 770

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:06:24

Speed: 8.13 km/h  
Running performance: 6:55 min/km

Rank in course/Total: 184 (of 210)

Rank in course/Men: 119 (of 132)

Best time in course: 33:33

Rank in category: 15(of 17)

Best time in the category: 33:33

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ilsestein	4.10	33:38	8:12	15	17:18	120	17:18	4.10	33:38	8:12	15	17:18	120	17:18
Loddenke	2.20	13:43	6:14	16	6:58	122	6:58	6.30	47:21	7:30	15	24:14	122	24:14
Ilseburg/Markt	3.30	19:03	5:46	16	8:37	117	8:37	9.60	1:06:24	6:55	15	32:51	119	32:51