



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Striegler, Danilo

Club: LLG Springe
Number: 792

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:06:29

Speed: 8.12 km/h
Running performance: 6:56 min/km

Rank in course/Total: 186 (of 210)

Rank in course/Men: 120 (of 132)

Best time in course: 33:33

Rank in category: 16(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:15	7:08	14	9:12	95	12:55	4.10	29:15	7:08	14	9:12	95	12:55
Loddenke	2.20	17:39	8:01	16	9:40	130	10:54	6.30	46:54	7:26	16	18:52	120	23:47
Ilseburg/Markt	3.30	19:35	5:56	16	7:24	120	9:09	9.60	1:06:29	6:55	16	26:16	120	32:56