



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Porwoll, Dietmar

Club: NIX tun kann JEDER  
Number: 758

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:08:14

Speed: 8.44 km/h  
Running performance: 7:07 min/km

Rank in course/Total: 189 (of 210)

Rank in course/Men: 122 (of 132)

Best time in course: 33:33

Rank in category: 10(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	35:51	8:44	10	13:14	124	19:31	4.10	35:51	8:44	10	13:14	124	19:31
Loddenke	2.20	13:32	6:09	10	5:05	120	6:47	6.30	49:23	7:50	10	18:19	125	26:16
Ilseburg/Markt	3.30	18:51	5:42	8	5:40	115	8:25	9.60	1:08:14	7:06	10	23:59	122	34:41