



# 49. Brockenlauf

Ilseburg / 07.09.2019

## Detailed evaluation

Lietzke, Norbert

Club: Lauffeuer Buntekuh Lübeck  
Number: 731

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M75 (75 und älter)

Total time: 1:08:26

Speed: 7.89 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 190 (of 210)

Rank in course/Men: 123 (of 132)

Best time in course: 33:33

Rank in category: 4(of 4)

Best time in the category: 56:30

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	33:39	8:12	4	4:31	121	17:19	4.10	33:39	8:12	4	4:31	121	17:19
Loddenke	2.20	13:41	6:13	3	2:00	121	6:56	6.30	47:20	7:30	3	6:31	121	24:13
Ilseburg/Markt	3.30	21:06	6:23	4	5:25	127	10:40	9.60	1:08:26	7:07	4	11:56	123	34:53