



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wiesehöfer, Gereon

Club: Sinzheim
Number: 562

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:08:27

Speed: 8.41 km/h
Running performance: 7:08 min/km

Rank in course/Total: 192 (of 210)

Rank in course/Men: 124 (of 132)

Best time in course: 33:33

Rank in category: 14(of 15)

Best time in the category: 41:27

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	32:44	7:59	13	12:06	116	16:24	4.10	32:44	7:59	13	12:06	116	16:24
Loddenke	2.20	14:52	6:45	15	6:31	127	8:07	6.30	47:36	7:33	14	18:37	123	24:29
Ilseburg/Markt	3.30	20:51	6:19	14	8:23	126	10:25	9.60	1:08:27	7:07	14	27:00	124	34:54