



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Nguyen, Hoang

Club: Männerhort
Number: 750

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:12:04

Speed: 7.49 km/h
Running performance: 7:31 min/km

Rank in course/Total: 198 (of 210)

Rank in course/Men: 126 (of 132)

Best time in course: 33:33

Rank in category: 16(of 17)

Best time in the category: 33:33

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	36:27	8:53	16	20:07	127	20:07	4.10	36:27	8:53	16	20:07	127	20:07
Loddenke	2.20	14:53	6:45	17	8:08	128	8:08	6.30	51:20	8:08	16	28:13	128	28:13
Ilseburg/Markt	3.30	20:44	6:16	17	10:18	124	10:18	9.60	1:12:04	7:30	16	38:31	126	38:31