



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Holz, Volker

Club: NIX tun kann JEDER
Number: 694

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:12:41

Speed: 7.43 km/h
Running performance: 7:34 min/km

Rank in course/Total: 200 (of 210)

Rank in course/Men: 127 (of 132)

Best time in course: 33:33

Rank in category: 15(of 15)

Best time in the category: 41:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	36:54	9:00	15	128	16:16	20:34	4.10	36:54	9:00	15	128	16:16	20:34
Loddenke	2.20	14:03	6:23	14	124	5:42	7:18	6.30	50:57	8:05	15	127	21:58	27:50
Ilseburg/Markt	3.30	21:44	6:35	15	128	9:16	11:18	9.60	1:12:41	7:34	15	127	31:14	39:08