



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wolf, Benjamin

Club: Männerhort
Number: 818

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:18:42

Speed: 7.32 km/h
Running performance: 8:12 min/km

Rank in course/Total: 205 (of 210)

Rank in course/Men: 129 (of 132)

Best time in course: 33:33

Rank in category: 17(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	50:31	12:19	17	34:11	132	34:11	4.10	50:31	12:19	17	34:11	132	34:11
Loddenke	2.20	11:31	5:14	13	4:46	88	4:46	6.30	1:02:02	9:50	17	38:55	132	38:55
Ilseburg/Markt	3.30	16:40	5:03	14	6:14	87	6:14	9.60	1:18:42	8:11	17	45:09	129	45:09