



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hörning, Jürgen

Club: TSV Langeoog
Number: 697

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:25:28

Speed: 6.74 km/h
Running performance: 8:54 min/km

Rank in course/Total: 208 (of 210)

Rank in course/Men: 130 (of 132)

Best time in course: 33:33

Rank in category: 5(of 5)

Best time in the category: 50:35

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	40:47	9:56	5	14:48	131	24:27	4.10	40:47	9:56	5	14:48	131	24:27
Loddenke	2.20	18:52	8:34	5	8:42	132	12:07	6.30	59:39	9:28	5	23:30	131	36:32
Ilseburg/Markt	3.30	25:49	7:49	5	11:23	130	15:23	9.60	1:25:28	8:54	5	34:53	130	51:55