



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Schrader, Frank

Club: LLG Springe  
Number: 458

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:26:36

Speed: 7.61 km/h  
Running performance: 7:53 min/km

Rank in course/Total: 539 (of 581)

Rank in course/Men: 449 (of 475)

Best time in course: 1:39:32

Rank in category: 70(of 77)

Best time in the category: 1:59:26

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	25:01	7:34	75	11:05	462	11:57	3.30	25:01	7:34	75	11:05	462	11:57
Schlüsie	3.10	26:15	8:28	68	10:47	442	12:37	6.40	51:16	8:00	72	21:52	451	24:33
Hermannsklippe	2.60	24:37	9:28	71	11:06	450	13:13	9.00	1:15:53	8:25	72	32:49	456	37:46
Brocken	3.10	41:13	13:17	73	19:45	462	23:10	12.10	1:57:06	9:40	72	52:34	456	1:00:56
Eiserner Handwe	3.60	25:07	6:58	71	10:42	439	13:15	15.70	2:22:13	9:03	72	1:02:31	456	1:14:11
Schlüsie	4.10	23:40	5:46	68	9:33	428	12:06	19.80	2:45:53	8:22	71	1:11:29	454	1:26:17
Loddenke	3.10	19:13	6:11	67	7:33	436	9:54	22.90	3:05:06	8:04	70	1:18:49	451	1:36:11
Ilseburg/Markt	3.30	21:30	6:30	70	8:28	437	10:53	26.20	3:26:36	7:53	70	1:27:10	449	1:47:04