



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Ebert-Herzog, Frank

Number: 120

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 3:29:43

Speed: 7.50 km/h

Running performance: 8:00 min/km

Rank in course/Total: 543 (of 581)

Rank in course/Men: 453 (of 475)

Best time in course: 1:39:32

Rank in category: 67(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:36	7:09	66	9:45	439	10:32	3.30	23:36	7:09	66	9:45	439	10:32
Schlüsie	3.10	25:34	8:14	64	10:41	434	11:56	6.40	49:10	7:40	65	20:22	438	22:27
Hermannsklippe	2.60	21:48	8:23	63	9:05	413	10:24	9.00	1:10:58	7:53	65	29:27	434	32:51
Brocken	3.10	39:52	12:51	66	18:45	451	21:49	12.10	1:50:50	9:09	65	48:12	443	54:40
Eiserner Handwe	3.60	27:58	7:46	68	14:44	463	16:06	15.70	2:18:48	8:50	67	1:02:55	451	1:10:46
Schlüsie	4.10	27:37	6:44	67	14:40	459	16:03	19.80	2:46:25	8:24	67	1:17:31	455	1:26:49
Loddenke	3.10	20:52	6:43	66	10:15	456	11:33	22.90	3:07:17	8:10	67	1:27:46	453	1:38:22
Ilseburg/Markt	3.30	22:26	6:47	65	10:31	441	11:49	26.20	3:29:43	8:00	67	1:38:17	453	1:50:11