



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Quantmeyer, Walter

Club: TSG Döderode Oldenrode
Number: 394

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 3:31:26

Speed: 7.38 km/h
Running performance: 8:04 min/km

Rank in course/Total: 546 (of 581)

Rank in course/Men: 455 (of 475)

Best time in course: 1:39:32

Rank in category: 3(of 4)

Best time in the category: 3:01:30

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Loddenke	3.30	23:39	7:10	3	2:17	443	10:35	3.30	23:39	7:10	3	2:17	443	10:35
Schlüsie	3.10	25:45	8:18	3	3:00	437	12:07	6.40	49:24	7:43	3	5:17	441	22:41
Hermannsklippe	2.60	23:10	8:54	3	2:16	436	11:46	9.00	1:12:34	8:03	3	7:33	448	34:27
Brocken	3.10	37:04	11:57	2	2:24	426	19:01	12.10	1:49:38	9:03	3	6:01	438	53:28
Eiserner Handwe	3.60	26:50	7:27	3	5:21	454	14:58	15.70	2:16:28	8:41	3	11:22	444	1:08:26
Schlüsie	4.10	28:22	6:55	3	7:29	463	16:48	19.80	2:44:50	8:19	3	18:51	452	1:25:14
Loddenke	3.10	22:32	7:16	3	6:00	462	13:13	22.90	3:07:22	8:10	3	24:51	454	1:38:27
Ilseburg/Markt	3.30	24:04	7:17	3	5:05	455	13:27	26.20	3:31:26	8:04	3	29:56	455	1:51:54