



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Reising, Marcel

Club: erst laufen dann saufen
Number: 405

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:32:30

Speed: 7.34 km/h
Running performance: 8:07 min/km

Rank in course/Total: 549 (of 581)

Rank in course/Men: 456 (of 475)

Best time in course: 1:39:32

Rank in category: 71(of 77)

Best time in the category: 1:59:26

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	24:36	7:27	74	10:40	456	11:32	3.30	24:36	7:27	74	10:40	456	11:32
Schlüsie	3.10	26:20	8:29	70	10:52	444	12:42	6.40	50:56	7:57	70	21:32	448	24:13
Hermannsklippe	2.60	25:01	9:37	72	11:30	453	13:37	9.00	1:15:57	8:26	73	32:53	457	37:50
Brocken	3.10	38:23	12:22	67	16:55	433	20:20	12.10	1:54:20	9:26	71	49:48	454	58:10
Eiserner Handwe	3.60	26:00	7:13	73	11:35	451	14:08	15.70	2:20:20	8:56	71	1:00:38	453	1:12:18
Schlüsie	4.10	27:12	6:38	74	13:05	458	15:38	19.80	2:47:32	8:27	72	1:13:08	458	1:27:56
Loddenke	3.10	20:45	6:41	74	9:05	455	11:26	22.90	3:08:17	8:13	72	1:22:00	457	1:39:22
Ilseburg/Markt	3.30	24:13	7:20	74	11:11	458	13:36	26.20	3:32:30	8:06	71	1:33:04	456	1:52:58