



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Hansen, Martin

Club: Move2life

Number: 189

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 3:35:03

Speed: 7.31 km/h

Running performance: 8:13 min/km

Rank in course/Total: 554 (of 581)

Rank in course/Men: 460 (of 475)

Best time in course: 1:39:32

Rank in category: 75(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	24:34	7:26	73	10:38	455	11:30	3.30	24:34	7:26	73	10:38	455	11:30
Schlüsle	3.10	27:11	8:46	72	11:43	454	13:33	6.40	51:45	8:05	73	22:21	452	25:02
Hermannsklippe	2.60	24:05	9:15	68	10:34	446	12:41	9.00	1:15:50	8:25	71	32:46	455	37:43
Brocken	3.10	44:32	14:21	77	23:04	471	26:29	12.10	2:00:22	9:56	75	55:50	463	1:04:12
Eiserner Handwe	3.60	26:54	7:28	74	12:29	456	15:02	15.70	2:27:16	9:22	75	1:07:34	464	1:19:14
Schlüsle	4.10	25:47	6:17	71	11:40	451	14:13	19.80	2:53:03	8:44	74	1:18:39	463	1:33:27
Loddenke	3.10	20:34	6:38	72	8:54	453	11:15	22.90	3:13:37	8:27	75	1:27:20	462	1:44:42
Ilseburg/Markt	3.30	21:26	6:29	69	8:24	436	10:49	26.20	3:35:03	8:12	75	1:35:37	460	1:55:31