



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Meißner, Frank-Ingo

Club: Bastorf  
Number: 333

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 3:34:58

Speed: 7.26 km/h  
Running performance: 8:12 min/km

Rank in course/Total: 552 (of 581)

Rank in course/Men: 459 (of 475)

Best time in course: 1:39:32

Rank in category: 74(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	21:43	6:34	62	7:47	390	8:39	3.30	21:43	6:34	62	7:47	390	8:39
Schlüsie	3.10	25:17	8:09	65	9:49	431	11:39	6.40	47:00	7:20	64	17:36	415	20:17
Hermannsklippe	2.60	22:30	8:39	65	8:59	430	11:06	9.00	1:09:30	7:43	65	26:26	424	31:23
Brocken	3.10	36:58	11:55	65	15:30	424	18:55	12.10	1:46:28	8:47	65	41:56	429	50:18
Eiserner Handwe	3.60	27:12	7:33	75	12:47	460	15:20	15.70	2:13:40	8:30	66	53:58	434	1:05:38
Schlüsie	4.10	29:08	7:06	76	15:01	467	17:34	19.80	2:42:48	8:13	70	1:08:24	449	1:23:12
Loddenke	3.10	24:42	7:58	76	13:02	469	15:23	22.90	3:07:30	8:11	71	1:21:13	455	1:38:35
Ilseburg/Markt	3.30	27:28	8:19	77	14:26	468	16:51	26.20	3:34:58	8:12	74	1:35:32	459	1:55:26