



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: 7.31 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 | | Pos | Behind | Stage score | | Pos | Behind | Total | | Pos | Behind | Pos | Behind |
|-----------------|-------|-------|-------|--------|-------------|------|-------|--------|---------|------|-----|---------|-----|---------|
| | km | Time | | | min/km | Cat. | | | Men | 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 |