



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Witt, Maik

Club: Team Teichteufel  
Number: 568

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:35:47

Speed: 7.23 km/h  
Running performance: 8:14 min/km

Rank in course/Total: 556 (of 581)

Rank in course/Men: 461 (of 475)

Best time in course: 1:39:32

Rank in category: 68(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	24:24	7:23	67	10:33	452	11:20	3.30	24:24	7:23	67	10:33	452	11:20	
Schlüsie	3.10	27:30	8:52	67	12:37	458	13:52	6.40	51:54	8:06	66	23:06	454	25:11	
Hermannsklippe	2.60	25:41	9:52	67	12:58	460	14:17	9.00	1:17:35	8:37	68	36:04	460	39:28	
Brocken	3.10	41:13	13:17	68	20:06	462	23:10	12.10	1:58:48	9:49	68	56:10	457	1:02:38	
Eiserner Handwe	3.60	25:51	7:10	66	12:37	446	13:59	15.70	2:24:39	9:12	68	1:08:46	459	1:16:37	
Schlüsie	4.10	24:47	6:02	65	11:50	440	13:13	19.80	2:49:26	8:33	68	1:20:32	459	1:29:50	
Loddenke	3.10	21:41	6:59	67	11:04	459	12:22	22.90	3:11:07	8:20	68	1:31:36	460	1:42:12	
Ilseburg/Markt	3.30	24:40	7:28	67	12:45	460	14:03	26.20	3:35:47	8:14	68	1:44:21	461	1:56:15	