



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sandtner, Wolfgang

Club: Güsten
Number: 425

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:55:53

Speed: 6.61 km/h
Running performance: 9:00 min/km

Rank in course/Total: 573 (of 581)

Rank in course/Men: 470 (of 475)

Best time in course: 1:39:32

Rank in category: 77(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	23:38	7:09	70	9:42	441	10:34	3.30	23:38	7:09	70	9:42	441	10:34
Schlüsie	3.10	27:20	8:49	73	11:52	455	13:42	6.40	50:58	7:57	71	21:34	450	24:15
Hermannsklippe	2.60	25:19	9:44	74	11:48	457	13:55	9.00	1:16:17	8:28	74	33:13	458	38:10
Brocken	3.10	42:36	13:44	75	21:08	467	24:33	12.10	1:58:53	9:49	73	54:21	458	1:02:43
Eiserner Handwe	3.60	33:24	9:16	77	18:59	471	21:32	15.70	2:32:17	9:41	77	1:12:35	469	1:24:15
Schlüsie	4.10	32:13	7:51	77	18:06	472	20:39	19.80	3:04:30	9:19	77	1:30:06	469	1:44:54
Loddenke	3.10	25:33	8:14	77	13:53	470	16:14	22.90	3:30:03	9:10	77	1:43:46	470	2:01:08
Ilseburg/Markt	3.30	25:50	7:49	75	12:48	465	15:13	26.20	3:55:53	9:00	77	1:56:27	470	2:16:21