



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Marggraf, Ole

Number: 324

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:51:44

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 6 (of 581)

Rank in course/Men: 6 (of 475)

Best time in course: 1:39:32

Rank in category: 4(of 47)

Best time in the category: 1:47:45

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	13:39	4:08	4	0:35	6	0:35	3.30	13:39	4:08	4	0:35	6	0:35
Schlüsie	3.10	14:20	4:37	2	0:12	4	0:42	6.40	27:59	4:22	4	0:34	6	1:16
Hermannsklippe	2.60	12:27	4:47	2	0:03	4	1:03	9.00	40:26	4:29	3	0:37	5	2:19
Brocken	3.10	20:31	6:37	2	0:41	5	2:28	12.10	1:00:57	5:02	3	1:01	5	4:47
Eiserner Handwe	3.60	13:37	3:46	4	0:50	9	1:45	15.70	1:14:34	4:44	3	1:06	5	6:32
Schlüsie	4.10	13:06	3:11	5	1:04	12	1:32	19.80	1:27:40	4:25	4	1:49	5	8:04
Loddenke	3.10	11:21	3:39	6	1:20	15	2:02	22.90	1:39:01	4:19	4	2:40	5	10:06
Ilseburg/Markt	3.30	12:43	3:51	6	1:45	19	2:06	26.20	1:51:44	4:15	4	3:59	6	12:12