



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Meins, Jesper

Club: Dänische Natinaolmannschaft
Number: 3

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:52:59

Speed: 13.81 km/h
Running performance: 4:19 min/km

Rank in course/Total: 8 (of 581)

Rank in course/Men: 8 (of 475)

Best time in course: 1:39:32

Rank in category: 2(of 67)

Best time in the category: 1:39:32

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	13:06	3:58	2	0:01	3	0:02	3.30	13:06	3:58	2	0:01	3	0:02
Schlüsie	3.10	14:15	4:35	2	0:37	3	0:37	6.40	27:21	4:16	2	0:38	2	0:38
Hermannsklippe	2.60	12:21	4:45	2	0:57	2	0:57	9.00	39:42	4:24	2	1:35	2	1:35
Brocken	3.10	20:17	6:32	2	2:14	3	2:14	12.10	59:59	4:57	2	3:49	3	3:49
Eiserner Handwe	3.60	13:43	3:48	2	1:51	11	1:51	15.70	1:13:42	4:41	2	5:40	4	5:40
Schlüsie	4.10	14:33	3:32	6	2:59	39	2:59	19.80	1:28:15	4:27	2	8:39	6	8:39
Loddenke	3.10	11:59	3:51	6	2:40	33	2:40	22.90	1:40:14	4:22	2	11:19	7	11:19
Ilseburg/Markt	3.30	12:45	3:51	4	2:08	23	2:08	26.20	1:52:59	4:18	2	13:27	8	13:27