



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Rasmussen, Søren

Club: Dänische Nationalmannschaft  
Number: 1

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:59:26

Speed: 13.06 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 18 (of 581)

Rank in course/Men: 18 (of 475)

Best time in course: 1:39:32

Rank in category: 1(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	13:56	4:13	1	-	11	0:52	3.30	13:56	4:13	1	-	11	0:52
Schlüsie	3.10	15:28	4:59	1	-	14	1:50	6.40	29:24	4:35	1	-	10	2:41
Hermannsklippe	2.60	13:40	5:15	2	0:09	19	2:16	9.00	43:04	4:47	1	-	14	4:57
Brocken	3.10	21:28	6:55	1	-	13	3:25	12.10	1:04:32	5:19	1	-	14	8:22
Eiserner Handwe	3.60	15:10	4:12	4	0:45	40	3:18	15.70	1:19:42	5:04	1	-	15	11:40
Schlüsie	4.10	14:42	3:35	7	0:35	45	3:08	19.80	1:34:24	4:46	1	-	16	14:48
Loddenke	3.10	11:53	3:49	3	0:13	32	2:34	22.90	1:46:17	4:38	1	-	17	17:22
Ilseburg/Markt	3.30	13:09	3:59	3	0:07	33	2:32	26.20	1:59:26	4:33	1	-	18	19:54