



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Franke, Norbert

Club: Magdeburg
Number: 149

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:01:12

Speed: 12.87 km/h
Running performance: 4:38 min/km

Rank in course/Total: 22 (of 581)

Rank in course/Men: 22 (of 475)

Best time in course: 1:39:32

Rank in category: 7(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	16:24	4:58	12	3:20	60	3:20	3.30	16:24	4:58	12	3:20	60	3:20
Schlüsie	3.10	17:13	5:33	12	3:05	49	3:35	6.40	33:37	5:15	12	6:12	56	6:54
Hermannsklippe	2.60	14:23	5:31	10	1:59	38	2:59	9.00	48:00	5:19	11	8:11	45	9:53
Brocken	3.10	22:16	7:10	7	2:26	19	4:13	12.10	1:10:16	5:48	8	10:20	34	14:06
Eiserner Handwe	3.60	14:29	4:01	7	1:42	21	2:37	15.70	1:24:45	5:23	7	11:17	31	16:43
Schlüsie	4.10	13:10	3:12	6	1:08	13	1:36	19.80	1:37:55	4:56	7	12:04	27	18:19
Loddenke	3.10	11:06	3:34	5	1:05	11	1:47	22.90	1:49:01	4:45	7	12:40	25	20:06
Ilseburg/Markt	3.30	12:11	3:41	4	1:13	8	1:34	26.20	2:01:12	4:37	7	13:27	22	21:40