



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schaper, Hendrik

Club: Hannover Runners
Number: 435

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:01:36

Speed: 12.83 km/h
Running performance: 4:38 min/km

Rank in course/Total: 24 (of 581)

Rank in course/Men: 24 (of 475)

Best time in course: 1:39:32

Rank in category: 4(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	15:34	4:43	9	2:29	38	2:30	3.30	15:34	4:43	9	2:29	38	2:30
Schlüsie	3.10	16:16	5:14	5	2:38	29	2:38	6.40	31:50	4:58	7	5:07	32	5:07
Hermannsklippe	2.60	14:10	5:26	6	2:46	29	2:46	9.00	46:00	5:06	6	7:53	31	7:53
Brocken	3.10	23:26	7:33	6	5:23	33	5:23	12.10	1:09:26	5:44	6	13:16	29	13:16
Eiserner Handwe	3.60	15:05	4:11	6	3:13	36	3:13	15.70	1:24:31	5:22	6	16:29	30	16:29
Schlüsie	4.10	13:46	3:21	2	2:12	17	2:12	19.80	1:38:17	4:57	5	18:41	28	18:41
Loddenke	3.10	11:05	3:34	2	1:46	10	1:46	22.90	1:49:22	4:46	4	20:27	26	20:27
Ilseburg/Markt	3.30	12:14	3:42	2	1:37	10	1:37	26.20	2:01:36	4:38	4	22:04	24	22:04