



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Cabak, Guido

Club: Harzer Teufel
Number: 93

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:03:13

Speed: 12.76 km/h
Running performance: 4:42 min/km

Rank in course/Total: 26 (of 581)

Rank in course/Men: 26 (of 475)

Best time in course: 1:39:32

Rank in category: 5(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	14:49	4:29	4	1:44	25	1:45	3.30	14:49	4:29	4	1:44	25	1:45
Schlüsie	3.10	16:21	5:16	6	2:43	30	2:43	6.40	31:10	4:52	5	4:27	27	4:27
Hermannsklippe	2.60	13:56	5:21	5	2:32	25	2:32	9.00	45:06	5:00	5	6:59	27	6:59
Brocken	3.10	22:03	7:06	3	4:00	17	4:00	12.10	1:07:09	5:32	4	10:59	22	10:59
Eiserner Handwe	3.60	15:10	4:12	8	3:18	40	3:18	15.70	1:22:19	5:14	4	14:17	24	14:17
Schlüsie	4.10	14:48	3:36	8	3:14	49	3:14	19.80	1:37:07	4:54	4	17:31	26	17:31
Loddenke	3.10	12:21	3:59	12	3:02	56	3:02	22.90	1:49:28	4:46	5	20:33	27	20:33
Ilseburg/Markt	3.30	13:45	4:10	12	3:08	53	3:08	26.20	2:03:13	4:42	5	23:41	26	23:41