



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Michel, Thomas

Club: NSV Wernigerode
Number: 344

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:05:46

Speed: 12.40 km/h
Running performance: 4:48 min/km

Rank in course/Total: 31 (of 581)

Rank in course/Men: 31 (of 475)

Best time in course: 1:39:32

Rank in category: 5(of 68)

Best time in the category: 1:51:26

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	15:33	4:42	6	1:42	36	2:29	3.30	15:33	4:42	6	1:42	36	2:29
Schlüsie	3.10	16:50	5:25	5	1:57	36	3:12	6.40	32:23	5:03	5	3:35	35	5:40
Hermannsklippe	2.60	14:22	5:31	6	1:39	37	2:58	9.00	46:45	5:11	5	5:14	35	8:38
Brocken	3.10	23:04	7:26	4	1:57	26	5:01	12.10	1:09:49	5:46	5	7:11	31	13:39
Eiserner Handwe	3.60	15:30	4:18	7	2:16	51	3:38	15.70	1:25:19	5:26	5	9:26	32	17:17
Schlüsie	4.10	14:47	3:36	7	1:50	47	3:13	19.80	1:40:06	5:03	5	11:12	31	20:30
Loddenke	3.10	12:00	3:52	7	1:23	36	2:41	22.90	1:52:06	4:53	5	12:35	30	23:11
Ilseburg/Markt	3.30	13:40	4:08	8	1:45	47	3:03	26.20	2:05:46	4:48	5	14:20	31	26:14