



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Piec, Marco

Club: Tangermünder LV 94
Number: 377

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:05:47

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

Rank in course/Total: 32 (of 581)

Rank in course/Men: 32 (of 475)

Best time in course: 1:39:32

Rank in category: 6(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	18:35	5:37	25	4:44	189	5:31	3.30	18:35	5:37	25	4:44	189	5:31
Schlüsie	3.10	17:19	5:35	7	2:26	50	3:41	6.40	35:54	5:36	13	7:06	108	9:11
Hermannsklippe	2.60	14:15	5:28	5	1:32	31	2:51	9.00	50:09	5:34	9	8:38	75	12:02
Brocken	3.10	23:16	7:30	5	2:09	30	5:13	12.10	1:13:25	6:04	6	10:47	49	17:15
Eiserner Handwe	3.60	14:56	4:08	5	1:42	30	3:04	15.70	1:28:21	5:37	6	12:28	45	20:19
Schlüsie	4.10	14:14	3:28	5	1:17	31	2:40	19.80	1:42:35	5:10	6	13:41	42	22:59
Loddenke	3.10	11:07	3:35	3	0:30	12	1:48	22.90	1:53:42	4:57	6	14:11	38	24:47
Ilseburg/Markt	3.30	12:05	3:39	2	0:10	6	1:28	26.20	2:05:47	4:48	6	14:21	32	26:15