



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Drube, Ralf

Club: Marathon Stützpunkt Staufenberg
Number: 116

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:07:01

Speed: 12.38 km/h
Running performance: 4:51 min/km

Rank in course/Total: 36 (of 581)

Rank in course/Men: 36 (of 475)

Best time in course: 1:39:32

Rank in category: 4(of 77)

Best time in the category: 1:59:26

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	15:06	4:34	3	1:10	31	2:02	3.30	15:06	4:34	3	1:10	31	2:02
Schlüsie	3.10	16:59	5:28	4	1:31	42	3:21	6.40	32:05	5:00	3	2:41	33	5:22
Hermannsklippe	2.60	14:37	5:37	5	1:06	44	3:13	9.00	46:42	5:11	4	3:38	34	8:35
Brocken	3.10	24:25	7:52	5	2:57	44	6:22	12.10	1:11:07	5:52	4	6:35	37	14:57
Eiserner Handwe	3.60	15:06	4:11	3	0:41	37	3:14	15.70	1:26:13	5:29	4	6:31	35	18:11
Schlüsie	4.10	14:34	3:33	3	0:27	40	3:00	19.80	1:40:47	5:05	4	6:23	35	21:11
Loddenke	3.10	12:19	3:58	6	0:39	54	3:00	22.90	1:53:06	4:56	4	6:49	35	24:11
Ilseburg/Markt	3.30	13:55	4:13	10	0:53	66	3:18	26.20	2:07:01	4:50	4	7:35	36	27:29