



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Hedderich, Thomas

Club: NSV Wernigerode
Number: 194

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:07:04

Speed: 12.28 km/h
Running performance: 4:51 min/km

Rank in course/Total: 37 (of 581)

Rank in course/Men: 37 (of 475)

Best time in course: 1:39:32

Rank in category: 6(of 55)

Best time in the category: 1:53:46

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	14:10	4:17	2	0:28	12	1:06	3.30	14:10	4:17	2	0:28	12	1:06
Schlüsie	3.10	15:29	4:59	5	0:25	15	1:51	6.40	29:39	4:37	3	0:51	13	2:56
Hermannsklippe	2.60	13:22	5:08	5	0:27	16	1:58	9.00	43:01	4:46	3	1:09	12	4:54
Brocken	3.10	23:06	7:27	6	2:40	27	5:03	12.10	1:06:07	5:27	4	3:09	18	9:57
Eiserner Handwe	3.60	16:52	4:41	15	3:42	105	5:00	15.70	1:22:59	5:17	6	5:30	26	14:57
Schlüsie	4.10	17:55	4:22	27	5:09	220	6:21	19.80	1:40:54	5:05	6	10:39	36	21:18
Loddenke	3.10	13:58	4:30	25	3:11	176	4:39	22.90	1:54:52	5:00	7	13:39	41	25:57
Ilseburg/Markt	3.30	12:12	3:41	2	0:03	9	1:35	26.20	2:07:04	4:50	6	13:18	37	27:32