



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dixen, Marcel

Club: Wernigerode
Number: 106

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:07:39

Speed: 12.22 km/h
Running performance: 4:52 min/km

Rank in course/Total: 40 (of 581)

Rank in course/Men: 40 (of 475)

Best time in course: 1:39:32

Rank in category: 7(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	16:00	4:50	7	2:09	50	2:56	3.30	16:00	4:50	7	2:09	50	2:56
Schlüsie	3.10	17:07	5:31	6	2:14	46	3:29	6.40	33:07	5:10	6	4:19	43	6:24
Hermannsklippe	2.60	15:04	5:47	7	2:21	58	3:40	9.00	48:11	5:21	6	6:40	48	10:04
Brocken	3.10	25:48	8:19	10	4:41	75	7:45	12.10	1:13:59	6:06	7	11:21	54	17:49
Eiserner Handwe	3.60	14:56	4:08	5	1:42	30	3:04	15.70	1:28:55	5:39	7	13:02	48	20:53
Schlüsie	4.10	13:48	3:21	4	0:51	18	2:14	19.80	1:42:43	5:11	7	13:49	45	23:07
Loddenke	3.10	11:33	3:43	4	0:56	20	2:14	22.90	1:54:16	4:59	7	14:45	39	25:21
Ilseburg/Markt	3.30	13:23	4:03	6	1:28	35	2:46	26.20	2:07:39	4:52	7	16:13	40	28:07