



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Matzk, Holger

Club: Einbeck
Number: 329

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:09:18

Speed: 12.16 km/h
Running performance: 4:56 min/km

Rank in course/Total: 47 (of 581)

Rank in course/Men: 46 (of 475)

Best time in course: 1:39:32

Rank in category: 6(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	16:09	4:53	5	2:13	55	3:05	3.30	16:09	4:53	5	2:13	55	3:05
Schlüsie	3.10	17:04	5:30	6	1:36	44	3:26	6.40	33:13	5:11	5	3:49	44	6:30
Hermannsklippe	2.60	14:57	5:44	7	1:26	53	3:33	9.00	48:10	5:21	6	5:06	47	10:03
Brocken	3.10	25:52	8:20	10	4:24	78	7:49	12.10	1:14:02	6:07	7	9:30	55	17:52
Eiserner Handwe	3.60	15:45	4:22	8	1:20	57	3:53	15.70	1:29:47	5:43	6	10:05	55	21:45
Schlüsie	4.10	14:07	3:26	1	-	27	2:33	19.80	1:43:54	5:14	6	9:30	49	24:18
Loddenke	3.10	11:48	3:48	2	0:08	28	2:29	22.90	1:55:42	5:03	6	9:25	48	26:47
Ilseburg/Markt	3.30	13:36	4:07	6	0:34	44	2:59	26.20	2:09:18	4:56	6	9:52	46	29:46