



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Metzner, Marco

Club: LG Istrup-Großenmarpe
Number: 340

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:11:30

Speed: 11.95 km/h
Running performance: 5:01 min/km

Rank in course/Total: 56 (of 581)

Rank in course/Men: 55 (of 475)

Best time in course: 1:39:32

Rank in category: 13(of 47)

Best time in the category: 1:47:45

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	17:02	5:09	16	3:58	90	3:58	3.30	17:02	5:09	16	3:58	90	3:58
Schlüsie	3.10	17:41	5:42	15	3:33	67	4:03	6.40	34:43	5:25	16	7:18	79	8:00
Hermannsklippe	2.60	15:15	5:51	14	2:51	64	3:51	9.00	49:58	5:33	15	10:09	69	11:51
Brocken	3.10	23:10	7:28	9	3:20	28	5:07	12.10	1:13:08	6:02	11	13:12	46	16:58
Eiserner Handwe	3.60	16:23	4:33	13	3:36	82	4:31	15.70	1:29:31	5:42	13	16:03	52	21:29
Schlüsie	4.10	15:57	3:53	13	3:55	87	4:23	19.80	1:45:28	5:19	14	19:37	58	25:52
Loddenke	3.10	12:37	4:04	12	2:36	66	3:18	22.90	1:58:05	5:09	13	21:44	57	29:10
Ilseburg/Markt	3.30	13:25	4:03	10	2:27	38	2:48	26.20	2:11:30	5:01	13	23:45	55	31:58