



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Thomas, Daniel

Club: Quedlinburg OT/ Bad Suderode
Number: 516

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:12:13

Speed: 11.80 km/h
Running performance: 5:03 min/km

Rank in course/Total: 61 (of 581)

Rank in course/Men: 59 (of 475)

Best time in course: 1:39:32

Rank in category: 12(of 67)

Best time in the category: 1:39:32

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	18:01	5:27	26	4:56	152	4:57	3.30	18:01	5:27	26	4:56	152	4:57
Schlüsie	3.10	17:28	5:38	13	3:50	59	3:50	6.40	35:29	5:32	22	8:46	98	8:46
Hermannsklippe	2.60	14:46	5:40	10	3:22	49	3:22	9.00	50:15	5:34	17	12:08	78	12:08
Brocken	3.10	24:46	7:59	11	6:43	53	6:43	12.10	1:15:01	6:11	13	18:51	65	18:51
Eiserner Handwe	3.60	16:44	4:38	20	4:52	96	4:52	15.70	1:31:45	5:50	13	23:43	69	23:43
Schlüsie	4.10	14:45	3:35	7	3:11	46	3:11	19.80	1:46:30	5:22	12	26:54	60	26:54
Loddenke	3.10	12:00	3:52	7	2:41	36	2:41	22.90	1:58:30	5:10	12	29:35	59	29:35
Ilseburg/Markt	3.30	13:43	4:09	11	3:06	52	3:06	26.20	2:12:13	5:02	12	32:41	59	32:41