



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Bittner, Holger

Club: Brockenlaufverein
Number: 24

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:12:32

Speed: 11.86 km/h
Running performance: 5:04 min/km

Rank in course/Total: 63 (of 581)

Rank in course/Men: 61 (of 475)

Best time in course: 1:39:32

Rank in category: 2(of 59)

Best time in the category: 2:07:29

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	16:24	4:58	2	0:32	60	3:20	3.30	16:24	4:58	2	0:32	60	3:20
Schlüsle	3.10	18:04	5:49	4	1:27	89	4:26	6.40	34:28	5:23	2	1:59	67	7:45
Hermannsklippe	2.60	15:32	5:58	2	0:58	75	4:08	9.00	50:00	5:33	2	2:57	70	11:53
Brocken	3.10	26:08	8:25	5	1:41	83	8:05	12.10	1:16:08	6:17	4	4:38	77	19:58
Eiserner Handwe	3.60	15:37	4:20	2	0:44	55	3:45	15.70	1:31:45	5:50	2	5:22	69	23:43
Schlüsle	4.10	14:47	3:36	1	-	47	3:13	19.80	1:46:32	5:22	2	5:07	61	26:56
Loddenke	3.10	12:12	3:56	1	-	45	2:53	22.90	1:58:44	5:11	2	5:04	60	29:49
Ilseburg/Markt	3.30	13:48	4:10	1	-	57	3:11	26.20	2:12:32	5:03	2	5:03	61	33:00