



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Muth, Oliver

Club: DjK Westen Berlin
Number: 354

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:13:31

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 66 (of 581)

Rank in course/Men: 64 (of 475)

Best time in course: 1:39:32

Rank in category: 7(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	16:12	4:54	6	2:16	56	3:08	3.30	16:12	4:54	6	2:16	56	3:08
Schlüsie	3.10	17:32	5:39	8	2:04	60	3:54	6.40	33:44	5:16	7	4:20	58	7:01
Hermannsklippe	2.60	15:24	5:55	9	1:53	69	4:00	9.00	49:08	5:27	7	6:04	60	11:01
Brocken	3.10	24:26	7:52	6	2:58	45	6:23	12.10	1:13:34	6:04	6	9:02	51	17:24
Eiserner Handwe	3.60	17:01	4:43	16	2:36	112	5:09	15.70	1:30:35	5:46	7	10:53	61	22:33
Schlüsie	4.10	16:59	4:08	23	2:52	146	5:25	19.80	1:47:34	5:25	7	13:10	70	27:58
Loddenke	3.10	12:37	4:04	9	0:57	66	3:18	22.90	2:00:11	5:14	7	13:54	68	31:16
Ilseburg/Markt	3.30	13:20	4:02	4	0:18	34	2:43	26.20	2:13:31	5:05	7	14:05	64	33:59