



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Heinz, Martin

Club: wir müssen aufhören weniger zu Laufen
Number: 197

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:16:31

Speed: 11.52 km/h
Running performance: 5:13 min/km

Rank in course/Total: 86 (of 581)

Rank in course/Men: 83 (of 475)

Best time in course: 1:39:32

Rank in category: 19(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	15:33	4:42	8	2:28	36	2:29	3.30	15:33	4:42	8	2:28	36	2:29
Schlüsie	3.10	17:24	5:36	10	3:46	53	3:46	6.40	32:57	5:08	8	6:14	41	6:14
Hermannsklippe	2.60	15:06	5:48	13	3:42	59	3:42	9.00	48:03	5:20	9	9:56	46	9:56
Brocken	3.10	25:11	8:07	13	7:08	58	7:08	12.10	1:13:14	6:03	11	17:04	47	17:04
Eiserner Handwe	3.60	17:15	4:47	24	5:23	136	5:23	15.70	1:30:29	5:45	12	22:27	60	22:27
Schlüsie	4.10	16:32	4:01	25	4:58	123	4:58	19.80	1:47:01	5:24	13	27:25	64	27:25
Loddenke	3.10	13:29	4:20	24	4:10	134	4:10	22.90	2:00:30	5:15	13	31:35	71	31:35
Ilseburg/Markt	3.30	16:01	4:51	38	5:24	225	5:24	26.20	2:16:31	5:12	19	36:59	83	36:59