



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Moritz, Ernst Günther

Club: Hannover Athletics
Number: 349

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:17:07

Speed: 11.38 km/h
Running performance: 5:14 min/km

Rank in course/Total: 88 (of 581)

Rank in course/Men: 85 (of 475)

Best time in course: 1:39:32

Rank in category: 4(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	16:26	4:58	3	0:34	63	3:22	3.30	16:26	4:58	3	0:34	63	3:22
Schlüsie	3.10	18:03	5:49	3	1:26	86	4:25	6.40	34:29	5:23	3	2:00	70	7:46
Hermannsklippe	2.60	15:35	5:59	3	1:01	81	4:11	9.00	50:04	5:33	3	3:01	71	11:57
Brocken	3.10	25:37	8:15	2	1:10	69	7:34	12.10	1:15:41	6:15	2	4:11	72	19:31
Eiserner Handwe	3.60	16:48	4:40	10	1:55	98	4:56	15.70	1:32:29	5:53	4	6:06	72	24:27
Schlüsie	4.10	16:14	3:57	10	1:27	108	4:40	19.80	1:48:43	5:29	4	7:18	78	29:07
Loddenke	3.10	13:25	4:19	13	1:13	129	4:06	22.90	2:02:08	5:20	4	8:28	84	33:13
Ilseburg/Markt	3.30	14:59	4:32	14	1:11	125	4:22	26.20	2:17:07	5:14	4	9:38	85	37:35