



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Pohl, Marian

Club: NIX tun kann JEDER
Number: 382

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:17:38

Speed: 11.42 km/h
Running performance: 5:15 min/km

Rank in course/Total: 94 (of 581)

Rank in course/Men: 91 (of 475)

Best time in course: 1:39:32

Rank in category: 20(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	17:04	5:10	20	3:59	92	4:00	3.30	17:04	5:10	20	3:59	92	4:00
Schlüsie	3.10	18:15	5:53	20	4:37	98	4:37	6.40	35:19	5:31	21	8:36	93	8:36
Hermannsklippe	2.60	15:17	5:52	14	3:53	67	3:53	9.00	50:36	5:37	20	12:29	84	12:29
Brocken	3.10	24:34	7:55	10	6:31	49	6:31	12.10	1:15:10	6:12	14	19:00	67	19:00
Eiserner Handwe	3.60	17:23	4:49	25	5:31	140	5:31	15.70	1:32:33	5:53	14	24:31	74	24:31
Schlüsie	4.10	15:54	3:52	17	4:20	85	4:20	19.80	1:48:27	5:28	16	28:51	76	28:51
Loddenke	3.10	13:11	4:15	20	3:52	106	3:52	22.90	2:01:38	5:18	16	32:43	79	32:43
Ilseburg/Markt	3.30	16:00	4:50	37	5:23	223	5:23	26.20	2:17:38	5:15	20	38:06	91	38:06