



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Flammiger, Lutz

Club: Running Team Süßmann/Zittau
Number: 144

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:18:24

Speed: 11.36 km/h
Running performance: 5:17 min/km

Rank in course/Total: 99 (of 581)

Rank in course/Men: 96 (of 475)

Best time in course: 1:39:32

Rank in category: 2(of 40)

Best time in the category: 2:17:19

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	17:45	5:22	6	0:56	133	4:41	3.30	17:45	5:22	6	0:56	133	4:41	
Schlüsie	3.10	18:29	5:57	1	-	111	4:51	6.40	36:14	5:39	3	0:15	120	9:31	
Hermannsklippe	2.60	15:34	5:59	1	-	79	4:10	9.00	51:48	5:45	1	-	101	13:41	
Brocken	3.10	25:13	8:08	1	-	59	7:10	12.10	1:17:01	6:21	1	-	85	20:51	
Eiserner Handwe	3.60	17:16	4:47	6	1:40	138	5:24	15.70	1:34:17	6:00	1	-	92	26:15	
Schlüsie	4.10	16:08	3:56	4	1:04	98	4:34	19.80	1:50:25	5:34	2	0:23	95	30:49	
Loddenke	3.10	13:22	4:18	4	0:36	119	4:03	22.90	2:03:47	5:24	2	0:59	98	34:52	
Ilseburg/Markt	3.30	14:37	4:25	3	0:14	103	4:00	26.20	2:18:24	5:16	2	1:05	96	38:52	