



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schacht, Frank

Club: Möser
Number: 426

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:19:22

Speed: 11.19 km/h
Running performance: 5:19 min/km

Rank in course/Total: 106 (of 581)

Rank in course/Men: 102 (of 475)

Best time in course: 1:39:32

Rank in category: 22(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	16:44	5:04	17	3:39	78	3:40	3.30	16:44	5:04	17	3:39	78	3:40
Schlüsie	3.10	17:58	5:47	15	4:20	84	4:20	6.40	34:42	5:25	17	7:59	77	7:59
Hermannsklippe	2.60	15:25	5:55	15	4:01	70	4:01	9.00	50:07	5:34	16	12:00	74	12:00
Brocken	3.10	26:13	8:27	16	8:10	88	8:10	12.10	1:16:20	6:18	17	20:10	80	20:10
Eiserner Handwe	3.60	16:46	4:39	21	4:54	97	4:54	15.70	1:33:06	5:55	16	25:04	79	25:04
Schlüsie	4.10	17:31	4:16	33	5:57	192	5:57	19.80	1:50:37	5:35	21	31:01	97	31:01
Loddenke	3.10	13:48	4:27	30	4:29	164	4:29	22.90	2:04:25	5:25	22	35:30	101	35:30
Ilseburg/Markt	3.30	14:57	4:31	22	4:20	120	4:20	26.20	2:19:22	5:19	22	39:50	102	39:50