



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Zeigermann, Falko

Club: Stecklenberg
Number: 600

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:20:06

Speed: 11.13 km/h
Running performance: 5:21 min/km

Rank in course/Total: 111 (of 581)

Rank in course/Men: 107 (of 475)

Best time in course: 1:39:32

Rank in category: 13(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:56	5:26	16	4:05	146	4:52	3.30	17:56	5:26	16	4:05	146	4:52
Schlüsie	3.10	18:36	6:00	13	3:43	114	4:58	6.40	36:32	5:42	15	7:44	127	9:49
Hermannsklippe	2.60	16:07	6:11	13	3:24	108	4:43	9.00	52:39	5:50	15	11:08	117	14:32
Brocken	3.10	26:12	8:27	12	5:05	87	8:09	12.10	1:18:51	6:30	14	16:13	108	22:41
Eiserner Handwe	3.60	16:51	4:40	14	3:37	103	4:59	15.70	1:35:42	6:05	14	19:49	104	27:40
Schlüsie	4.10	16:13	3:57	13	3:16	105	4:39	19.80	1:51:55	5:39	14	23:01	105	32:19
Loddenke	3.10	13:09	4:14	15	2:32	104	3:50	22.90	2:05:04	5:27	14	25:33	107	36:09
Ilseburg/Markt	3.30	15:02	4:33	18	3:07	132	4:25	26.20	2:20:06	5:20	13	28:40	107	40:34