



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Hammerick, Kim

Number: 186

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:20:41

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 117 (of 581)

Rank in course/Men: 112 (of 475)

Best time in course: 1:39:32

Rank in category: 18(of 47)

Best time in the category: 1:47:45

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	17:14	5:13	17	4:10	97	4:10	3.30	17:14	5:13	17	4:10	97	4:10
Schlüsle	3.10	18:24	5:56	18	4:16	106	4:46	6.40	35:38	5:34	19	8:13	104	8:55
Hermannsklippe	2.60	16:23	6:18	19	3:59	120	4:59	9.00	52:01	5:46	18	12:12	107	13:54
Brocken	3.10	26:30	8:32	17	6:40	98	8:27	12.10	1:18:31	6:29	18	18:35	102	22:21
Eiserner Handwe	3.60	17:36	4:53	21	4:49	153	5:44	15.70	1:36:07	6:07	18	22:39	107	28:05
Schlüsle	4.10	16:28	4:00	19	4:26	121	4:54	19.80	1:52:35	5:41	18	26:44	111	32:59
Loddenke	3.10	13:45	4:26	21	3:44	159	4:26	22.90	2:06:20	5:31	19	29:59	115	37:25
Ilseburg/Markt	3.30	14:21	4:20	17	3:23	90	3:44	26.20	2:20:41	5:22	18	32:56	112	41:09