



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Harbart, Bernd

Club: Road Runners Holtensen
Number: 190

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:21:18

Speed: 11.13 km/h
Running performance: 5:23 min/km

Rank in course/Total: 119 (of 581)

Rank in course/Men: 114 (of 475)

Best time in course: 1:39:32

Rank in category: 18(of 77)

Best time in the category: 1:59:26

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	18:14	5:31	26	4:18	162	5:10	3.30	18:14	5:31	26	4:18	162	5:10
Schlüsie	3.10	19:31	6:17	31	4:03	174	5:53	6.40	37:45	5:53	26	8:21	161	11:02
Hermannsklippe	2.60	16:39	6:24	20	3:08	132	5:15	9.00	54:24	6:02	26	11:20	153	16:17
Brocken	3.10	27:51	8:59	26	6:23	157	9:48	12.10	1:22:15	6:47	26	17:43	148	26:05
Eiserner Handwe	3.60	17:06	4:45	20	2:41	124	5:14	15.70	1:39:21	6:19	23	19:39	141	31:19
Schlüsie	4.10	15:43	3:50	12	1:36	76	4:09	19.80	1:55:04	5:48	20	20:40	127	35:28
Loddenke	3.10	12:20	3:58	7	0:40	55	3:01	22.90	2:07:24	5:33	18	21:07	121	38:29
Ilseburg/Markt	3.30	13:54	4:12	9	0:52	65	3:17	26.20	2:21:18	5:23	18	21:52	114	41:46