



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Cherek, Uwe

Club: Roadrunnerteam
Number: 29

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:22:47

Speed: 10.93 km/h
Running performance: 5:27 min/km

Rank in course/Total: 128 (of 581)

Rank in course/Men: 123 (of 475)

Best time in course: 1:39:32

Rank in category: 19(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	16:33	5:00	9	2:37	69	3:29	3.30	16:33	5:00	9	2:37	69	3:29
Schlüsie	3.10	18:21	5:55	17	2:53	103	4:43	6.40	34:54	5:27	12	5:30	82	8:11
Hermannsklippe	2.60	15:47	6:04	12	2:16	96	4:23	9.00	50:41	5:37	10	7:37	86	12:34
Brocken	3.10	27:09	8:45	18	5:41	125	9:06	12.10	1:17:50	6:25	12	13:18	92	21:40
Eiserner Handwe	3.60	19:14	5:20	40	4:49	250	7:22	15.70	1:37:04	6:10	18	17:22	117	29:02
Schlüsie	4.10	18:10	4:25	38	4:03	237	6:36	19.80	1:55:14	5:49	21	20:50	129	35:38
Loddenke	3.10	13:33	4:22	19	1:53	140	4:14	22.90	2:08:47	5:37	21	22:30	130	39:52
Ilseburg/Markt	3.30	14:00	4:14	11	0:58	67	3:23	26.20	2:22:47	5:26	19	23:21	123	43:15