



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Scholz, Detlef

Club: Schneller geht's nicht  
Number: 455

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 2:22:57

Speed: 11.00 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 130 (of 581)

Rank in course/Men: 125 (of 475)

Best time in course: 1:39:32

Rank in category: 10(of 59)

Best time in the category: 2:07:29

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	18:47	5:41	25	2:55	211	5:43	3.30	18:47	5:41	25	2:55	211	5:43
Schlüsie	3.10	18:54	6:05	9	2:17	127	5:16	6.40	37:41	5:53	16	5:12	160	10:58
Hermannsklippe	2.60	16:23	6:18	9	1:49	120	4:59	9.00	54:04	6:00	10	7:01	144	15:57
Brocken	3.10	27:01	8:42	7	2:34	115	8:58	12.10	1:21:05	6:42	9	9:35	132	24:55
Eiserner Handwe	3.60	16:54	4:41	11	2:01	106	5:02	15.70	1:37:59	6:14	9	11:36	125	29:57
Schlüsie	4.10	17:08	4:10	15	2:21	164	5:34	19.80	1:55:07	5:48	10	13:42	128	35:31
Loddenke	3.10	13:09	4:14	9	0:57	104	3:50	22.90	2:08:16	5:36	10	14:36	128	39:21
Ilseburg/Markt	3.30	14:41	4:26	12	0:53	107	4:04	26.20	2:22:57	5:27	10	15:28	125	43:25