



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Scherz, Uwe

Club: TSV Rot-Weiß Zerbst
Number: 437

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:23:30

Speed: 10.95 km/h
Running performance: 5:29 min/km

Rank in course/Total: 133 (of 581)

Rank in course/Men: 128 (of 475)

Best time in course: 1:39:32

Rank in category: 11(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	17:15	5:13	8	1:23	99	4:11	3.30	17:15	5:13	8	1:23	99	4:11
Schlüsie	3.10	19:52	6:24	19	3:15	198	6:14	6.40	37:07	5:47	12	4:38	147	10:24
Hermannsklippe	2.60	17:43	6:48	18	3:09	224	6:19	9.00	54:50	6:05	14	7:47	164	16:43
Brocken	3.10	29:50	9:37	19	5:23	220	11:47	12.10	1:24:40	6:59	15	13:10	188	28:30
Eiserner Handwe	3.60	15:59	4:26	4	1:06	65	4:07	15.70	1:40:39	6:24	11	14:16	155	32:37
Schlüsie	4.10	15:37	3:48	5	0:50	71	4:03	19.80	1:56:16	5:52	11	14:51	138	36:40
Loddenke	3.10	12:53	4:09	7	0:41	91	3:34	22.90	2:09:09	5:38	11	15:29	132	40:14
Ilseburg/Markt	3.30	14:21	4:20	7	0:33	90	3:44	26.20	2:23:30	5:28	11	16:01	128	43:58