



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Matthes, Tino

Club: Göttingen  
Number: 328

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:26:24

Speed: 10.66 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 154 (of 581)

Rank in course/Men: 149 (of 475)

Best time in course: 1:39:32

Rank in category: 22(of 55)

Best time in the category: 1:53:46

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	18:06	5:29	24	4:24	155	5:02	3.30	18:06	5:29	24	4:24	155	5:02
Schlüsie	3.10	19:17	6:13	23	4:13	159	5:39	6.40	37:23	5:50	23	8:35	156	10:40
Hermannsklippe	2.60	17:20	6:39	28	4:25	189	5:56	9.00	54:43	6:04	23	12:51	157	16:36
Brocken	3.10	29:54	9:38	30	9:28	226	11:51	12.10	1:24:37	6:59	28	21:39	186	28:27
Eiserner Handwe	3.60	16:08	4:28	11	2:58	73	4:16	15.70	1:40:45	6:25	25	23:16	160	32:43
Schlüsie	4.10	16:45	4:05	17	3:59	132	5:11	19.80	1:57:30	5:56	20	27:15	150	37:54
Loddenke	3.10	13:25	4:19	18	2:38	129	4:06	22.90	2:10:55	5:43	20	29:42	147	42:00
Ilseburg/Markt	3.30	15:29	4:41	24	3:20	175	4:52	26.20	2:26:24	5:35	22	32:38	149	46:52