



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Ruckdäschel, Holger

Club: TuS St. Martin  
Number: 597

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:26:30

Speed: 10.65 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 155 (of 581)

Rank in course/Men: 150 (of 475)

Best time in course: 1:39:32

Rank in category: 28(of 67)

Best time in the category: 1:39:32

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	18:56	5:44	36	5:51	223	5:52	3.30	18:56	5:44	36	5:51	223	5:52
Schlüsie	3.10	18:59	6:07	25	5:21	132	5:21	6.40	37:55	5:55	29	11:12	168	11:12
Hermannsklippe	2.60	16:18	6:16	24	4:54	118	4:54	9.00	54:13	6:01	28	16:06	147	16:06
Brocken	3.10	27:31	8:52	28	9:28	140	9:28	12.10	1:21:44	6:45	30	25:34	141	25:34
Eiserner Handwe	3.60	18:18	5:04	32	6:26	194	6:26	15.70	1:40:02	6:22	30	32:00	147	32:00
Schlüsie	4.10	17:56	4:22	39	6:22	222	6:22	19.80	1:57:58	5:57	30	38:22	155	38:22
Loddenke	3.10	13:32	4:21	25	4:13	138	4:13	22.90	2:11:30	5:44	29	42:35	152	42:35
Ilseburg/Markt	3.30	15:00	4:32	23	4:23	126	4:23	26.20	2:26:30	5:35	28	46:58	150	46:58