



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Lauff, Oliver

Club: LGV Marathon Giessen
Number: 299

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:26:31

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

Rank in course/Total: 156 (of 581)

Rank in course/Men: 151 (of 475)

Best time in course: 1:39:32

Rank in category: 13(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	18:36	5:38	23	2:44	192	5:32	3.30	18:36	5:38	23	2:44	192	5:32
Schlüsie	3.10	19:51	6:24	18	3:14	194	6:13	6.40	38:27	6:00	21	5:58	193	11:44
Hermannsklippe	2.60	17:33	6:45	17	2:59	217	6:09	9.00	56:00	6:13	18	8:57	197	17:53
Brocken	3.10	29:54	9:38	20	5:27	226	11:51	12.10	1:25:54	7:05	20	14:24	206	29:44
Eiserner Handwe	3.60	17:21	4:49	15	2:28	139	5:29	15.70	1:43:15	6:34	18	16:52	191	35:13
Schlüsie	4.10	16:07	3:55	8	1:20	97	4:33	19.80	1:59:22	6:01	13	17:57	167	39:46
Loddenke	3.10	12:53	4:09	7	0:41	91	3:34	22.90	2:12:15	5:46	13	18:35	159	43:20
Ilseburg/Markt	3.30	14:16	4:19	5	0:28	81	3:39	26.20	2:26:31	5:35	13	19:02	151	46:59