



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Guhra, Michael

Club: Werther/Westf.

Number: 181

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:26:32

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 157 (of 581)

Rank in course/Men: 152 (of 475)

Best time in course: 1:39:32

Rank in category: 29(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	18:28	5:35	29	5:23	181	5:24	3.30	18:28	5:35	29	5:23	181	5:24
Schlüsle	3.10	19:30	6:17	30	5:52	171	5:52	6.40	37:58	5:55	30	11:15	172	11:15
Hermannsklippe	2.60	16:48	6:27	31	5:24	146	5:24	9.00	54:46	6:05	30	16:39	162	16:39
Brocken	3.10	26:26	8:31	18	8:23	92	8:23	12.10	1:21:12	6:42	28	25:02	137	25:02
Eiserner Handwe	3.60	18:40	5:11	37	6:48	220	6:48	15.70	1:39:52	6:21	29	31:50	145	31:50
Schlüsle	4.10	17:37	4:17	35	6:03	199	6:03	19.80	1:57:29	5:56	29	37:53	149	37:53
Loddenke	3.10	13:47	4:26	29	4:28	162	4:28	22.90	2:11:16	5:43	28	42:21	151	42:21
Ilseburg/Markt	3.30	15:16	4:37	27	4:39	155	4:39	26.20	2:26:32	5:35	29	47:00	152	47:00