



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kolan, Martin

Club: LSV Tri Team Wolfenbüttel
Number: 270

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:27:12

Speed: 10.68 km/h
Running performance: 5:37 min/km

Rank in course/Total: 161 (of 581)

Rank in course/Men: 156 (of 475)

Best time in course: 1:39:32

Rank in category: 23(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	17:47	5:23	20	4:05	137	4:43	3.30	17:47	5:23	20	4:05	137	4:43
Schlüsie	3.10	18:42	6:01	18	3:38	119	5:04	6.40	36:29	5:42	19	7:41	125	9:46
Hermannsklippe	2.60	16:31	6:21	19	3:36	124	5:07	9.00	53:00	5:53	19	11:08	132	14:53
Brocken	3.10	26:38	8:35	20	6:12	103	8:35	12.10	1:19:38	6:34	19	16:40	117	23:28
Eiserner Handwe	3.60	19:55	5:31	35	6:45	284	8:03	15.70	1:39:33	6:20	20	22:04	142	31:31
Schlüsie	4.10	18:27	4:30	31	5:41	248	6:53	19.80	1:58:00	5:57	23	27:45	158	38:24
Loddenke	3.10	13:40	4:24	22	2:53	151	4:21	22.90	2:11:40	5:44	23	30:27	155	42:45
Ilseburg/Markt	3.30	15:32	4:42	26	3:23	184	4:55	26.20	2:27:12	5:37	23	33:26	156	47:40