



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Von Zabiensky, Patrick

Club: Frankfurt am Main
Number: 532

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:27:30

Speed: 10.58 km/h
Running performance: 5:38 min/km

Rank in course/Total: 165 (of 581)

Rank in course/Men: 160 (of 475)

Best time in course: 1:39:32

Rank in category: 22(of 47)

Best time in the category: 1:47:45

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	21:25	6:29	39	8:21	374	8:21	3.30	21:25	6:29	39	8:21	374	8:21
Schlüsie	3.10	21:05	6:48	31	6:57	284	7:27	6.40	42:30	6:38	34	15:05	331	15:47
Hermannsklippe	2.60	15:38	6:00	16	3:14	86	4:14	9.00	58:08	6:27	28	18:19	253	20:01
Brocken	3.10	27:48	8:58	22	7:58	152	9:45	12.10	1:25:56	7:06	25	26:00	207	29:46
Eiserner Handwe	3.60	18:21	5:05	22	5:34	199	6:29	15.70	1:44:17	6:38	24	30:49	204	36:15
Schlüsie	4.10	16:12	3:57	14	4:10	104	4:38	19.80	2:00:29	6:05	24	34:38	189	40:53
Loddenke	3.10	12:47	4:07	14	2:46	80	3:28	22.90	2:13:16	5:49	23	36:55	170	44:21
Ilseburg/Markt	3.30	14:14	4:18	15	3:16	79	3:37	26.20	2:27:30	5:37	22	39:45	160	47:58