



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Zedler, Sandy

Club: Halle/S.
Number: 577

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:27:55

Speed: 10.63 km/h
Running performance: 5:39 min/km

Rank in course/Total: 170 (of 581)

Rank in course/Men: 164 (of 475)

Best time in course: 1:39:32

Rank in category: 31(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	20:43	6:16	54	7:38	323	7:39	3.30	20:43	6:16	54	7:38	323	7:39
Schlüsie	3.10	20:23	6:34	43	6:45	242	6:45	6.40	41:06	6:25	46	14:23	275	14:23
Hermannsklippe	2.60	16:38	6:23	29	5:14	130	5:14	9.00	57:44	6:24	40	19:37	242	19:37
Brocken	3.10	26:11	8:26	15	8:08	85	8:08	12.10	1:23:55	6:56	33	27:45	179	27:45
Eiserner Handwe	3.60	18:18	5:04	32	6:26	194	6:26	15.70	1:42:13	6:30	32	34:11	174	34:11
Schlüsie	4.10	17:18	4:13	28	5:44	175	5:44	19.80	1:59:31	6:02	31	39:55	169	39:55
Loddenke	3.10	13:45	4:26	28	4:26	159	4:26	22.90	2:13:16	5:49	31	44:21	170	44:21
Ilseburg/Markt	3.30	14:39	4:26	21	4:02	104	4:02	26.20	2:27:55	5:38	31	48:23	164	48:23