



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Zeyn, Frank

Club: Hannover Runners
Number: 579

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:29:30

Speed: 10.52 km/h
Running performance: 5:43 min/km

Rank in course/Total: 182 (of 581)

Rank in course/Men: 176 (of 475)

Best time in course: 1:39:32

Rank in category: 29(of 77)

Best time in the category: 1:59:26

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	18:25	5:34	29	4:29	178	5:21	3.30	18:25	5:34	29	4:29	178	5:21
Schlüsie	3.10	19:30	6:17	30	4:02	171	5:52	6.40	37:55	5:55	29	8:31	168	11:12
Hermannsklippe	2.60	17:33	6:45	35	4:02	217	6:09	9.00	55:28	6:09	31	12:24	181	17:21
Brocken	3.10	29:54	9:38	34	8:26	226	11:51	12.10	1:25:22	7:03	32	20:50	196	29:12
Eiserner Handwe	3.60	17:33	4:52	24	3:08	150	5:41	15.70	1:42:55	6:33	32	23:13	189	34:53
Schlüsie	4.10	16:21	3:59	17	2:14	115	4:47	19.80	1:59:16	6:01	29	24:52	165	39:40
Loddenke	3.10	13:59	4:30	27	2:19	177	4:40	22.90	2:13:15	5:49	30	26:58	169	44:20
Ilseburg/Markt	3.30	16:15	4:55	41	3:13	237	5:38	26.20	2:29:30	5:42	29	30:04	176	49:58