



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

SCHIMPF, HEIKO

Number: 621

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:29:41

Speed: 10.50 km/h
Running performance: 5:43 min/km

Rank in course/Total: 184 (of 581)

Rank in course/Men: 178 (of 475)

Best time in course: 1:39:32

Rank in category: 30(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	18:37	5:38	32	4:41	194	5:33	3.30	18:37	5:38	32	4:41	194	5:33
Schlüsie	3.10	19:13	6:11	27	3:45	153	5:35	6.40	37:50	5:54	27	8:26	162	11:07
Hermannsklippe	2.60	16:35	6:22	18	3:04	127	5:11	9.00	54:25	6:02	27	11:21	154	16:18
Brocken	3.10	28:02	9:02	28	6:34	167	9:59	12.10	1:22:27	6:48	28	17:55	154	26:17
Eiserner Handwe	3.60	18:39	5:10	37	4:14	218	6:47	15.70	1:41:06	6:26	28	21:24	163	33:04
Schlüsie	4.10	18:56	4:37	42	4:49	269	7:22	19.80	2:00:02	6:03	31	25:38	185	40:26
Loddenke	3.10	14:13	4:35	29	2:33	193	4:54	22.90	2:14:15	5:51	31	27:58	184	45:20
Ilseburg/Markt	3.30	15:26	4:40	30	2:24	172	4:49	26.20	2:29:41	5:42	30	30:15	178	50:09