



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Rox, Andreas

Number: 625

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:29:43

Speed: 10.42 km/h
Running performance: 5:43 min/km

Rank in course/Total: 185 (of 581)

Rank in course/Men: 179 (of 475)

Best time in course: 1:39:32

Rank in category: 10(of 40)

Best time in the category: 2:17:19

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	19:10	5:48	18	2:21	229	6:06	3.30	19:10	5:48	18	2:21	229	6:06
Schlüsie	3.10	19:59	6:26	12	1:30	207	6:21	6.40	39:09	6:07	15	3:10	218	12:26
Hermannsklippe	2.60	17:08	6:35	7	1:34	174	5:44	9.00	56:17	6:15	13	4:29	201	18:10
Brocken	3.10	26:45	8:37	3	1:32	107	8:42	12.10	1:23:02	6:51	6	6:01	161	26:52
Eiserner Handwe	3.60	18:38	5:10	18	3:02	217	6:46	15.70	1:41:40	6:28	9	7:23	166	33:38
Schlüsie	4.10	18:08	4:25	20	3:04	233	6:34	19.80	1:59:48	6:03	12	9:46	179	40:12
Loddenke	3.10	14:26	4:39	15	1:40	213	5:07	22.90	2:14:14	5:51	11	11:26	183	45:19
Ilseburg/Markt	3.30	15:29	4:41	12	1:06	175	4:52	26.20	2:29:43	5:42	10	12:24	179	50:11