



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Pahnke, Andreas

Club: Berlin
Number: 373

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:29:48

Speed: 10.41 km/h
Running performance: 5:43 min/km

Rank in course/Total: 188 (of 581)

Rank in course/Men: 180 (of 475)

Best time in course: 1:39:32

Rank in category: 26(of 55)

Best time in the category: 1:53:46

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	19:31	5:54	30	5:49	257	6:27	3.30	19:31	5:54	30	5:49	257	6:27
Schlüsie	3.10	19:53	6:24	29	4:49	200	6:15	6.40	39:24	6:09	28	10:36	230	12:41
Hermannsklippe	2.60	17:01	6:32	23	4:06	163	5:37	9.00	56:25	6:16	27	14:33	209	18:18
Brocken	3.10	27:07	8:44	23	6:41	121	9:04	12.10	1:23:32	6:54	27	20:34	174	27:22
Eiserner Handwe	3.60	18:44	5:12	24	5:34	224	6:52	15.70	1:42:16	6:30	26	24:47	177	34:14
Schlüsie	4.10	17:33	4:16	25	4:47	195	5:59	19.80	1:59:49	6:03	27	29:34	180	40:13
Loddenke	3.10	13:56	4:29	24	3:09	173	4:37	22.90	2:13:45	5:50	26	32:32	180	44:50
Ilseburg/Markt	3.30	16:03	4:51	30	3:54	227	5:26	26.20	2:29:48	5:43	26	36:02	180	50:16