



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Braatz, Hartmut

Club: DjK Westen Berlin
Number: 76

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:29:54

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

Rank in course/Total: 190 (of 581)

Rank in course/Men: 183 (of 475)

Best time in course: 1:39:32

Rank in category: 11(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	17:00	5:09	2	0:11	89	3:56	3.30	17:00	5:09	2	0:11	89	3:56
Schlüsie	3.10	19:42	6:21	9	1:13	184	6:04	6.40	36:42	5:44	5	0:43	141	9:59
Hermannsklippe	2.60	18:48	7:13	16	3:14	292	7:24	9.00	55:30	6:10	9	3:42	184	17:23
Brocken	3.10	31:10	10:03	18	5:57	278	13:07	12.10	1:26:40	7:09	13	9:39	218	30:30
Eiserner Handwe	3.60	17:36	4:53	8	2:00	153	5:44	15.70	1:44:16	6:38	13	9:59	202	36:14
Schlüsie	4.10	17:18	4:13	12	2:14	175	5:44	19.80	2:01:34	6:08	13	11:32	198	41:58
Loddenke	3.10	13:40	4:24	9	0:54	151	4:21	22.90	2:15:14	5:54	13	12:26	191	46:19
Ilseburg/Markt	3.30	14:40	4:26	4	0:17	105	4:03	26.20	2:29:54	5:43	11	12:35	183	50:22