



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Pospischil, Lars

Club: TC FIKO Rostock
Number: 384

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:29:50

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

Rank in course/Total: 189 (of 581)

Rank in course/Men: 182 (of 475)

Best time in course: 1:39:32

Rank in category: 31(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	19:04	5:46	41	5:08	227	6:00	3.30	19:04	5:46	41	5:08	227	6:00
Schlüsie	3.10	19:27	6:16	29	3:59	168	5:49	6.40	38:31	6:01	33	9:07	197	11:48
Hermannsklippe	2.60	16:58	6:31	27	3:27	158	5:34	9.00	55:29	6:09	32	12:25	182	17:22
Brocken	3.10	28:52	9:18	32	7:24	189	10:49	12.10	1:24:21	6:58	31	19:49	184	28:11
Eiserner Handwe	3.60	17:51	4:57	27	3:26	167	5:59	15.70	1:42:12	6:30	30	22:30	173	34:10
Schlüsie	4.10	15:59	3:53	14	1:52	90	4:25	19.80	1:58:11	5:58	26	23:47	159	38:35
Loddenke	3.10	14:24	4:38	36	2:44	212	5:05	22.90	2:12:35	5:47	26	26:18	161	43:40
Ilseburg/Markt	3.30	17:15	5:13	52	4:13	304	6:38	26.20	2:29:50	5:43	31	30:24	182	50:18