



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Ernst, Marco

Club: Schwaförden  
Number: 132

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:30:32

Speed: 10.36 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 194 (of 581)

Rank in course/Men: 186 (of 475)

Best time in course: 1:39:32

Rank in category: 27(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	17:23	5:16	15	3:41	106	4:19	3.30	17:23	5:16	15	3:41	106	4:19
Schlüsie	3.10	19:00	6:07	20	3:56	135	5:22	6.40	36:23	5:41	18	7:35	124	9:40
Hermannsklippe	2.60	16:40	6:24	20	3:45	134	5:16	9.00	53:03	5:53	20	11:11	134	14:56
Brocken	3.10	28:51	9:18	25	8:25	187	10:48	12.10	1:21:54	6:46	20	18:56	144	25:44
Eiserner Handwe	3.60	18:45	5:12	25	5:35	225	6:53	15.70	1:40:39	6:24	23	23:10	155	32:37
Schlüsie	4.10	17:42	4:19	26	4:56	204	6:08	19.80	1:58:21	5:58	24	28:06	161	38:45
Loddenke	3.10	14:57	4:49	36	4:10	260	5:38	22.90	2:13:18	5:49	25	32:05	174	44:23
Ilseburg/Markt	3.30	17:14	5:13	36	5:05	301	6:37	26.20	2:30:32	5:44	27	36:46	186	51:00