



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Dittmann, Helmut

Club: Brockenlaufverein
Number: 105

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 2:31:36

Speed: 10.37 km/h
Running performance: 5:47 min/km

Rank in course/Total: 204 (of 581)

Rank in course/Men: 195 (of 475)

Best time in course: 1:39:32

Rank in category: 1(of 15)

Best time in the category: 2:31:36

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	18:29	5:36	2	0:12	183	5:25	3.30	18:29	5:36	2	0:12	183	5:25
Schlüsie	3.10	19:43	6:21	2	0:27	186	6:05	6.40	38:12	5:58	1	-	177	11:29
Hermannsklippe	2.60	17:19	6:39	2	0:13	188	5:55	9.00	55:31	6:10	1	-	185	17:24
Brocken	3.10	29:07	9:23	2	2:12	198	11:04	12.10	1:24:38	6:59	2	1:20	187	28:28
Eiserner Handwe	3.60	17:52	4:57	1	-	170	6:00	15.70	1:42:30	6:31	1	-	182	34:28
Schlüsie	4.10	17:27	4:15	1	-	184	5:53	19.80	1:59:57	6:03	1	-	183	40:21
Loddenke	3.10	14:52	4:47	3	1:30	253	5:33	22.90	2:14:49	5:53	1	-	187	45:54
Ilseburg/Markt	3.30	16:47	5:05	4	1:43	274	6:10	26.20	2:31:36	5:47	1	-	195	52:04