



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Rehbock, Volker

Club: Bad Nenndorf
Number: 400

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:31:40

Speed: 10.36 km/h
Running performance: 5:47 min/km

Rank in course/Total: 205 (of 581)

Rank in course/Men: 196 (of 475)

Best time in course: 1:39:32

Rank in category: 33(of 67)

Best time in the category: 1:39:32

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	18:50	5:42	33	5:45	214	5:46	3.30	18:50	5:42	33	5:45	214	5:46
Schlüsie	3.10	19:49	6:23	32	6:11	192	6:11	6.40	38:39	6:02	33	11:56	201	11:56
Hermannsklippe	2.60	16:34	6:22	27	5:10	125	5:10	9.00	55:13	6:08	32	17:06	171	17:06
Brocken	3.10	27:12	8:46	24	9:09	126	9:09	12.10	1:22:25	6:48	31	26:15	152	26:15
Eiserner Handwe	3.60	19:46	5:29	46	7:54	278	7:54	15.70	1:42:11	6:30	31	34:09	172	34:09
Schlüsie	4.10	19:02	4:38	43	7:28	278	7:28	19.80	2:01:13	6:07	34	41:37	194	41:37
Loddenke	3.10	14:53	4:48	41	5:34	255	5:34	22.90	2:16:06	5:56	34	47:11	200	47:11
Ilseburg/Markt	3.30	15:34	4:43	32	4:57	188	4:57	26.20	2:31:40	5:47	33	52:08	196	52:08