



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Sary, Dieter

Club: NIX tun kann JEDER
Number: 493

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 2:31:41

Speed: 10.28 km/h
Running performance: 5:47 min/km

Rank in course/Total: 206 (of 581)

Rank in course/Men: 197 (of 475)

Best time in course: 1:39:32

Rank in category: 14(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 | 18:19 | 5:33 | 10 | 1:30 | 166 | 5:15 | 3.30 | 18:19 | 5:33 | 10 | 1:30 | 166 | 5:15 |
| Schlüsie | 3.10 | 19:56 | 6:25 | 11 | 1:27 | 204 | 6:18 | 6.40 | 38:15 | 5:58 | 11 | 2:16 | 180 | 11:32 |
| Hermannsklippe | 2.60 | 17:34 | 6:45 | 10 | 2:00 | 219 | 6:10 | 9.00 | 55:49 | 6:12 | 10 | 4:01 | 189 | 17:42 |
| Brocken | 3.10 | 29:48 | 9:36 | 13 | 4:35 | 219 | 11:45 | 12.10 | 1:25:37 | 7:04 | 12 | 8:36 | 199 | 29:27 |
| Eiserner Handwe | 3.60 | 17:43 | 4:55 | 9 | 2:07 | 160 | 5:51 | 15.70 | 1:43:20 | 6:34 | 12 | 9:03 | 193 | 35:18 |
| Schlüsie | 4.10 | 16:09 | 3:56 | 5 | 1:05 | 100 | 4:35 | 19.80 | 1:59:29 | 6:02 | 9 | 9:27 | 168 | 39:53 |
| Loddenke | 3.10 | 15:21 | 4:57 | 23 | 2:35 | 288 | 6:02 | 22.90 | 2:14:50 | 5:53 | 12 | 12:02 | 188 | 45:55 |
| Ilseburg/Markt | 3.30 | 16:51 | 5:06 | 19 | 2:28 | 278 | 6:14 | 26.20 | 2:31:41 | 5:47 | 14 | 14:22 | 197 | 52:09 |