



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

**Berndt, Tommy**

Club: FSV Grün-Weiß Ilseburg  
Number: 639

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:31:42

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

Rank in course/Total: 207 (of 581)

Rank in course/Men: 198 (of 475)

Best time in course: 1:39:32

Rank in category: 26(of 47)

Best time in the category: 1:47:45

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	20:42	6:16	33	7:38	321	7:38	3.30	20:42	6:16	33	7:38	321	7:38
Schlüsie	3.10	20:01	6:27	24	5:53	214	6:23	6.40	40:43	6:21	27	13:18	263	14:00
Hermannsklippe	2.60	17:20	6:39	24	4:56	189	5:56	9.00	58:03	6:26	27	18:14	249	19:56
Brocken	3.10	28:38	9:14	24	8:48	183	10:35	12.10	1:26:41	7:09	26	26:45	219	30:31
Eiserner Handwe	3.60	18:36	5:10	24	5:49	215	6:44	15.70	1:45:17	6:42	27	31:49	218	37:15
Schlüsie	4.10	17:28	4:15	24	5:26	188	5:54	19.80	2:02:45	6:11	26	36:54	210	43:09
Loddenke	3.10	13:57	4:30	23	3:56	174	4:38	22.90	2:16:42	5:58	26	40:21	205	47:47
Ilseburg/Markt	3.30	15:00	4:32	19	4:02	126	4:23	26.20	2:31:42	5:47	26	43:57	198	52:10