



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Braemer, Lars

Club: TV Jahn Walsrode
Number: 78

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:31:49

Speed: 10.35 km/h
Running performance: 5:47 min/km

Rank in course/Total: 208 (of 581)

Rank in course/Men: 199 (of 475)

Best time in course: 1:39:32

Rank in category: 27(of 68)

Best time in the category: 1:51:26

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	18:12	5:30	20	4:21	160	5:08	3.30	18:12	5:30	20	4:21	160	5:08
Schlüsie	3.10	20:15	6:31	32	5:22	232	6:37	6.40	38:27	6:00	25	9:39	193	11:44
Hermannsklippe	2.60	17:54	6:53	31	5:11	236	6:30	9.00	56:21	6:15	30	14:50	202	18:14
Brocken	3.10	29:51	9:37	31	8:44	222	11:48	12.10	1:26:12	7:07	29	23:34	211	30:02
Eiserner Handwe	3.60	17:43	4:55	24	4:29	160	5:51	15.70	1:43:55	6:37	29	28:02	200	35:53
Schlüsie	4.10	17:41	4:18	28	4:44	203	6:07	19.80	2:01:36	6:08	28	32:42	199	42:00
Loddenke	3.10	14:43	4:44	29	4:06	237	5:24	22.90	2:16:19	5:57	28	36:48	202	47:24
Ilseburg/Markt	3.30	15:30	4:41	24	3:35	179	4:53	26.20	2:31:49	5:47	27	40:23	199	52:17