



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Radom, Marek

Club: Schöningen
Number: 396

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:31:53

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 210 (of 581)

Rank in course/Men: 201 (of 475)

Best time in course: 1:39:32

Rank in category: 35(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	18:38	5:38	31	5:33	196	5:34	3.30	18:38	5:38	31	5:33	196	5:34
Schlüsie	3.10	19:16	6:12	29	5:38	156	5:38	6.40	37:54	5:55	28	11:11	166	11:11
Hermannsklippe	2.60	16:52	6:29	32	5:28	151	5:28	9.00	54:46	6:05	30	16:39	162	16:39
Brocken	3.10	28:55	9:19	39	10:52	192	10:52	12.10	1:23:41	6:54	32	27:31	176	27:31
Eiserner Handwe	3.60	18:59	5:16	42	7:07	234	7:07	15.70	1:42:40	6:32	34	34:38	184	34:38
Schlüsie	4.10	17:53	4:21	38	6:19	218	6:19	19.80	2:00:33	6:05	33	40:57	191	40:57
Loddenke	3.10	14:43	4:44	40	5:24	237	5:24	22.90	2:15:16	5:54	33	46:21	192	46:21
Ilseburg/Markt	3.30	16:37	5:02	44	6:00	259	6:00	26.20	2:31:53	5:47	35	52:21	201	52:21