



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Pirwayssian, Masoud

Club: Intro Braunschweig
Number: 379

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:32:24

Speed: 10.24 km/h
Running performance: 5:49 min/km

Rank in course/Total: 213 (of 581)

Rank in course/Men: 204 (of 475)

Best time in course: 1:39:32

Rank in category: 17(of 59)

Best time in the category: 2:07:29

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	17:16	5:13	9	1:24	102	4:12	3.30	17:16	5:13	9	1:24	102	4:12
Schlüsie	3.10	21:09	6:49	34	4:32	292	7:31	6.40	38:25	6:00	20	5:56	189	11:42
Hermannsklippe	2.60	18:24	7:04	29	3:50	268	7:00	9.00	56:49	6:18	21	9:46	217	18:42
Brocken	3.10	29:36	9:32	18	5:09	214	11:33	12.10	1:26:25	7:08	22	14:55	214	30:15
Eiserner Handwe	3.60	18:11	5:03	19	3:18	188	6:19	15.70	1:44:36	6:39	20	18:13	209	36:34
Schlüsie	4.10	17:40	4:18	20	2:53	201	6:06	19.80	2:02:16	6:10	18	20:51	204	42:40
Loddenke	3.10	14:23	4:38	19	2:11	209	5:04	22.90	2:16:39	5:58	18	22:59	203	47:44
Ilseburg/Markt	3.30	15:45	4:46	19	1:57	204	5:08	26.20	2:32:24	5:49	17	24:55	204	52:52