



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Fuchs, Karsten

Number: 156

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:32:53

Speed: 10.20 km/h
Running performance: 5:50 min/km

Rank in course/Total: 217 (of 581)

Rank in course/Men: 207 (of 475)

Best time in course: 1:39:32

Rank in category: 18(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	18:20	5:33	17	2:28	169	5:16	3.30	18:20	5:33	17	2:28	169	5:16
Schlüsie	3.10	19:59	6:26	21	3:22	207	6:21	6.40	38:19	5:59	19	5:50	183	11:36
Hermannsklippe	2.60	17:49	6:51	19	3:15	232	6:25	9.00	56:08	6:14	19	9:05	200	18:01
Brocken	3.10	29:34	9:32	17	5:07	212	11:31	12.10	1:25:42	7:04	18	14:12	201	29:32
Eiserner Handwe	3.60	16:40	4:37	8	1:47	92	4:48	15.70	1:42:22	6:31	14	15:59	179	34:20
Schlüsie	4.10	17:10	4:11	16	2:23	166	5:36	19.80	1:59:32	6:02	14	18:07	170	39:56
Loddenke	3.10	15:30	5:00	34	3:18	304	6:11	22.90	2:15:02	5:53	17	21:22	190	46:07
Ilseburg/Markt	3.30	17:51	5:24	43	4:03	330	7:14	26.20	2:32:53	5:50	18	25:24	207	53:21