



49. Brockenlauf

Ilseburg / 07.09.2019

Detailed evaluation

Baars, Nico

Club: SC Langenhagen
Number: 42

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:34:08

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 224 (of 581)

Rank in course/Men: 213 (of 475)

Best time in course: 1:39:32

Rank in category: 29(of 55)

Best time in the category: 1:53:46

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	19:26	5:53	27	5:44	251	6:22	3.30	19:26	5:53	27	5:44	251	6:22
Schlüsie	3.10	20:01	6:27	31	4:57	214	6:23	6.40	39:27	6:09	30	10:39	233	12:44
Hermannsklippe	2.60	17:03	6:33	24	4:08	166	5:39	9.00	56:30	6:16	28	14:38	210	18:23
Brocken	3.10	30:30	9:50	34	10:04	254	12:27	12.10	1:27:00	7:11	30	24:02	225	30:50
Eiserner Handwe	3.60	18:15	5:04	23	5:05	191	6:23	15.70	1:45:15	6:42	29	27:46	217	37:13
Schlüsie	4.10	18:14	4:26	29	5:28	241	6:40	19.80	2:03:29	6:14	29	33:14	218	43:53
Loddenke	3.10	14:45	4:45	33	3:58	243	5:26	22.90	2:18:14	6:02	30	37:01	219	49:19
Ilseburg/Markt	3.30	15:54	4:49	29	3:45	218	5:17	26.20	2:34:08	5:52	29	40:22	213	54:36