



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Fischer, Timo

Club: Non Stop Ultra Brakel
Number: 143

Course: 26.20 km
26,2 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 2:34:16

Speed: 10.11 km/h
Running performance: 5:53 min/km

Rank in course/Total: 228 (of 581)

Rank in course/Men: 217 (of 475)

Best time in course: 1:39:32

Rank in category: 22(of 36)

Best time in the category: 1:57:34

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	19:00	5:45	19	5:05	225	5:56	3.30	19:00	5:45	19	5:05	225	5:56
Schlüsie	3.10	19:13	6:11	18	4:20	153	5:35	6.40	38:13	5:58	17	9:25	178	11:30
Hermannsklippe	2.60	16:52	6:29	17	4:01	151	5:28	9.00	55:05	6:07	17	13:26	167	16:58
Brocken	3.10	30:20	9:47	25	9:12	247	12:17	12.10	1:25:25	7:03	21	22:38	198	29:15
Eiserner Handwe	3.60	19:15	5:20	22	5:35	251	7:23	15.70	1:44:40	6:40	20	26:49	211	36:38
Schlüsie	4.10	17:27	4:15	19	4:22	184	5:53	19.80	2:02:07	6:10	20	28:24	203	42:31
Loddenke	3.10	14:34	4:41	21	3:24	223	5:15	22.90	2:16:41	5:58	19	31:48	204	47:46
Ilseburg/Markt	3.30	17:35	5:19	27	4:54	317	6:58	26.20	2:34:16	5:53	22	36:42	217	54:44