



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Herberg, Kay

Club: HANNOVER
Number: 202

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:34:43

Speed: 10.08 km/h
Running performance: 5:55 min/km

Rank in course/Total: 233 (of 581)

Rank in course/Men: 222 (of 475)

Best time in course: 1:39:32

Rank in category: 36(of 77)

Best time in the category: 1:59:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Loddenke	3.30	18:31	5:36	30	4:35	186	5:27	3.30	18:31	5:36	30	4:35	186	5:27	
Schlüsie	3.10	19:52	6:24	33	4:24	198	6:14	6.40	38:23	5:59	32	8:59	186	11:40	
Hermannsklippe	2.60	18:00	6:55	38	4:29	241	6:36	9.00	56:23	6:15	34	13:19	206	18:16	
Brocken	3.10	31:03	10:00	45	9:35	272	13:00	12.10	1:27:26	7:13	37	22:54	230	31:16	
Eiserner Handwe	3.60	19:01	5:16	38	4:36	236	7:09	15.70	1:46:27	6:46	38	26:45	232	38:25	
Schlüsie	4.10	17:22	4:14	30	3:15	180	5:48	19.80	2:03:49	6:15	35	29:25	223	44:13	
Loddenke	3.10	14:22	4:38	35	2:42	207	5:03	22.90	2:18:11	6:02	35	31:54	218	49:16	
Ilseburg/Markt	3.30	16:32	5:00	44	3:30	254	5:55	26.20	2:34:43	5:54	36	35:17	222	55:11	