



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Richter, Michael

Club: Pingpank Running  
Number: 409

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:35:38

Speed: 10.02 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 238 (of 581)

Rank in course/Men: 227 (of 475)

Best time in course: 1:39:32

Rank in category: 30(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	20:43	6:16	38	7:01	323	7:39	3.30	20:43	6:16	38	7:01	323	7:39
Schlüsie	3.10	20:39	6:39	36	5:35	255	7:01	6.40	41:22	6:27	36	12:34	284	14:39
Hermannsklippe	2.60	17:27	6:42	29	4:32	201	6:03	9.00	58:49	6:32	36	16:57	272	20:42
Brocken	3.10	29:07	9:23	27	8:41	198	11:04	12.10	1:27:56	7:16	32	24:58	239	31:46
Eiserner Handwe	3.60	18:58	5:16	26	5:48	232	7:06	15.70	1:46:54	6:48	31	29:25	241	38:52
Schlüsie	4.10	18:18	4:27	30	5:32	242	6:44	19.80	2:05:12	6:19	31	34:57	237	45:36
Loddenke	3.10	14:48	4:46	34	4:01	248	5:29	22.90	2:20:00	6:06	32	38:47	239	51:05
Ilseburg/Markt	3.30	15:38	4:44	28	3:29	192	5:01	26.20	2:35:38	5:56	30	41:52	227	56:06