



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Dr. Bosse, Matthias

Club: SG Lauffreunde Harz
Number: 628

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:04

Speed: 10.07 km/h
Running performance: 5:58 min/km

Rank in course/Total: 244 (of 581)

Rank in course/Men: 233 (of 475)

Best time in course: 1:39:32

Rank in category: 23(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	18:19	5:33	16	2:27	166	5:15	3.30	18:19	5:33	16	2:27	166	5:15
Schlüsse	3.10	fehlt!	-	-	-	-	-	6.40	-	-	-	-	-	-
Hermannsklippe	2.60	40:22	15:31	59	25:48	474	28:58	9.00	58:41	6:31	31	11:38	268	20:34
Brocken	3.10	32:13	10:23	36	7:46	309	14:10	12.10	1:30:54	7:30	32	19:24	282	34:44
Eiserner Handwe	3.60	16:40	4:37	8	1:47	92	4:48	15.70	1:47:34	6:51	29	21:11	249	39:32
Schlüsse	4.10	17:04	4:09	14	2:17	153	5:30	19.80	2:04:38	6:17	24	23:13	230	45:02
Loddenke	3.10	14:37	4:42	24	2:25	228	5:18	22.90	2:19:15	6:04	23	25:35	227	50:20
Ilseburg/Markt	3.30	16:49	5:05	32	3:01	276	6:12	26.20	2:36:04	5:57	23	28:35	233	56:32