



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Heller, Carsten

Club: Leipzig
Number: 199

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:36:13

Speed: 10.06 km/h
Running performance: 5:58 min/km

Rank in course/Total: 246 (of 581)

Rank in course/Men: 235 (of 475)

Best time in course: 1:39:32

Rank in category: 40(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:45	5:22	20	3:49	133	4:41	3.30	17:45	5:22	20	3:49	133	4:41
Schlüsie	3.10	17:52	5:45	11	2:24	76	4:14	6.40	35:37	5:33	14	6:13	103	8:54
Hermannsklippe	2.60	16:47	6:27	23	3:16	144	5:23	9.00	52:24	5:49	17	9:20	111	14:17
Brocken	3.10	33:13	10:42	53	11:45	331	15:10	12.10	1:25:37	7:04	33	21:05	199	29:27
Eiserner Handwe	3.60	19:26	5:23	44	5:01	264	7:34	15.70	1:45:03	6:41	35	25:21	214	37:01
Schlüsie	4.10	20:38	5:01	55	6:31	348	9:04	19.80	2:05:41	6:20	39	31:17	244	46:05
Loddenke	3.10	15:21	4:57	48	3:41	288	6:02	22.90	2:21:02	6:09	41	34:45	253	52:07
Ilseburg/Markt	3.30	15:11	4:36	25	2:09	148	4:34	26.20	2:36:13	5:57	40	36:47	235	56:41