



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Nolte, Dietmar

Club: LT Elsen-Wewer
Number: 366

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:36:16

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

Rank in course/Total: 247 (of 581)

Rank in course/Men: 236 (of 475)

Best time in course: 1:39:32

Rank in category: 24(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	17:52	5:24	15	2:00	145	4:48	3.30	17:52	5:24	15	2:00	145	4:48				
Schlüsie	3.10	19:29	6:17	14	2:52	170	5:51	6.40	37:21	5:50	14	4:52	153	10:38				
Hermannsklippe	2.60	18:06	6:57	24	3:32	247	6:42	9.00	55:27	6:09	17	8:24	180	17:20				
Brocken	3.10	31:52	10:16	35	7:25	297	13:49	12.10	1:27:19	7:12	23	15:49	229	31:09				
Eiserner Handwe	3.60	19:19	5:21	27	4:26	258	7:27	15.70	1:46:38	6:47	24	20:15	237	38:36				
Schlüsie	4.10	18:55	4:36	28	4:08	267	7:21	19.80	2:05:33	6:20	26	24:08	241	45:57				
Loddenke	3.10	14:23	4:38	19	2:11	209	5:04	22.90	2:19:56	6:06	25	26:16	236	51:01				
Ilseburg/Markt	3.30	16:20	4:56	25	2:32	242	5:43	26.20	2:36:16	5:57	24	28:47	236	56:44				