



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Muscharski, Torsten

Club: Hannover

Number: 353

Course: 26.20 km

26,2 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:36:25

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 250 (of 581)

Rank in course/Men: 238 (of 475)

Best time in course: 1:39:32

Rank in category: 31(of 68)

Best time in the category: 1:51:26

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	20:36	6:14	44	6:45	316	7:32	3.30	20:36	6:14	44	6:45	316	7:32
Schlüsse	3.10	20:13	6:31	31	5:20	230	6:35	6.40	40:49	6:22	37	12:01	267	14:06
Hermannsklippe	2.60	17:45	6:49	29	5:02	226	6:21	9.00	58:34	6:30	35	17:03	264	20:27
Brocken	3.10	30:11	9:44	34	9:04	237	12:08	12.10	1:28:45	7:20	34	26:07	254	32:35
Eiserner Handwe	3.60	17:29	4:51	20	4:15	145	5:37	15.70	1:46:14	6:45	32	30:21	228	38:12
Schlüsse	4.10	18:26	4:29	34	5:29	247	6:52	19.80	2:04:40	6:17	32	35:46	231	45:04
Loddenke	3.10	15:19	4:56	37	4:42	285	6:00	22.90	2:19:59	6:06	31	40:28	237	51:04
Ilseburg/Markt	3.30	16:26	4:58	32	4:31	248	5:49	26.20	2:36:25	5:58	31	44:59	238	56:53