



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Aisch, Matthias

Club: Hannover
Number: 558

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:36:27

Speed: 9.97 km/h
Running performance: 5:58 min/km

Rank in course/Total: 251 (of 581)

Rank in course/Men: 239 (of 475)

Best time in course: 1:39:32

Rank in category: 40(of 67)

Best time in the category: 1:39:32

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	52	7:31	316	7:32	3.30	20:36	6:14	52	7:31	316	7:32
Schlüsie	3.10	20:14	6:31	41	6:36	231	6:36	6.40	40:50	6:22	45	14:07	268	14:07
Hermannsklippe	2.60	17:44	6:49	39	6:20	225	6:20	9.00	58:34	6:30	45	20:27	264	20:27
Brocken	3.10	30:11	9:44	41	12:08	237	12:08	12.10	1:28:45	7:20	43	32:35	254	32:35
Eiserner Handwe	3.60	17:30	4:51	26	5:38	147	5:38	15.70	1:46:15	6:46	39	38:13	229	38:13
Schlüsie	4.10	18:25	4:29	41	6:51	246	6:51	19.80	2:04:40	6:17	40	45:04	231	45:04
Loddenke	3.10	15:19	4:56	45	6:00	285	6:00	22.90	2:19:59	6:06	40	51:04	237	51:04
Ilseburg/Markt	3.30	16:28	4:59	41	5:51	250	5:51	26.20	2:36:27	5:58	40	56:55	239	56:55