



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schwuchow, Dirk

Club: DLRG Hennickendorf
Number: 470

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:36

Speed: 9.96 km/h
Running performance: 5:59 min/km

Rank in course/Total: 254 (of 581)

Rank in course/Men: 242 (of 475)

Best time in course: 1:39:32

Rank in category: 32(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	22:12	6:43	62	8:21	407	9:08	3.30	22:12	6:43	62	8:21	407	9:08
Schlüsie	3.10	21:27	6:55	44	6:34	307	7:49	6.40	43:39	6:49	53	14:51	358	16:56
Hermannsklippe	2.60	18:29	7:06	35	5:46	277	7:05	9.00	1:02:08	6:54	48	20:37	336	24:01
Brocken	3.10	30:42	9:54	36	9:35	262	12:39	12.10	1:32:50	7:40	40	30:12	303	36:40
Eiserner Handwe	3.60	17:09	4:45	17	3:55	127	5:17	15.70	1:49:59	7:00	36	34:06	278	41:57
Schlüsie	4.10	17:13	4:11	23	4:16	170	5:39	19.80	2:07:12	6:25	35	38:18	263	47:36
Loddenke	3.10	13:19	4:17	19	2:42	113	4:00	22.90	2:20:31	6:08	33	41:00	245	51:36
Ilseburg/Markt	3.30	16:05	4:52	30	4:10	229	5:28	26.20	2:36:36	5:58	32	45:10	242	57:04