



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Warnke, Björn

Club: Sport-Club-Itzehoe
Number: 545

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:37:05

Speed: 10.01 km/h
Running performance: 6:00 min/km

Rank in course/Total: 260 (of 581)

Rank in course/Men: 247 (of 475)

Best time in course: 1:39:32

Rank in category: 41(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	19:37	5:56	44	6:32	262	6:33	3.30	19:37	5:56	44	6:32	262	6:33
Schlüsle	3.10	20:24	6:34	44	6:46	243	6:46	6.40	40:01	6:15	40	13:18	246	13:18
Hermannsklippe	2.60	17:48	6:50	40	6:24	230	6:24	9.00	57:49	6:25	41	19:42	244	19:42
Brocken	3.10	30:17	9:46	42	12:14	245	12:14	12.10	1:28:06	7:16	41	31:56	244	31:56
Eiserner Handwe	3.60	19:55	5:31	47	8:03	284	8:03	15.70	1:48:01	6:52	44	39:59	253	39:59
Schlüsle	4.10	18:56	4:37	42	7:22	269	7:22	19.80	2:06:57	6:24	43	47:21	258	47:21
Loddenke	3.10	14:32	4:41	37	5:13	219	5:13	22.90	2:21:29	6:10	42	52:34	257	52:34
Ilseburg/Markt	3.30	15:36	4:43	33	4:59	190	4:59	26.20	2:37:05	5:59	41	57:33	247	57:33