



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Langer, Matthias

Club: Dingelstedt
Number: 297

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:37:12

Speed: 9.92 km/h
Running performance: 6:00 min/km

Rank in course/Total: 262 (of 581)

Rank in course/Men: 249 (of 475)

Best time in course: 1:39:32

Rank in category: 33(of 55)

Best time in the category: 1:53:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:30	5:54	29	5:48	256	6:26	3.30	19:30	5:54	29	5:48	256	6:26
Schlüsie	3.10	19:55	6:25	30	4:51	203	6:17	6.40	39:25	6:09	29	10:37	232	12:42
Hermannsklippe	2.60	17:32	6:44	33	4:37	214	6:08	9.00	56:57	6:19	31	15:05	219	18:50
Brocken	3.10	30:02	9:41	32	9:36	232	11:59	12.10	1:26:59	7:11	29	24:01	224	30:49
Eiserner Handwe	3.60	19:43	5:28	34	6:33	275	7:51	15.70	1:46:42	6:47	30	29:13	238	38:40
Schlüsie	4.10	16:52	4:06	19	4:06	142	5:18	19.80	2:03:34	6:14	30	33:19	220	43:58
Loddenke	3.10	14:36	4:42	29	3:49	226	5:17	22.90	2:18:10	6:02	29	36:57	217	49:15
Ilseburg/Markt	3.30	19:02	5:46	45	6:53	379	8:25	26.20	2:37:12	6:00	33	43:26	249	57:40