



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

McDonald, Christian

Number: 617

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:38:07

Speed: 9.87 km/h
Running performance: 6:02 min/km

Rank in course/Total: 268 (of 581)

Rank in course/Men: 255 (of 475)

Best time in course: 1:39:32

Rank in category: 28(of 59)

Best time in the category: 2:07:29

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	21:18	6:27	42	5:26	364	8:14	3.30	21:18	6:27	42	5:26	364	8:14
Schlüsie	3.10	21:05	6:48	32	4:28	284	7:27	6.40	42:23	6:37	38	9:54	325	15:40
Hermannsklippe	2.60	17:56	6:53	21	3:22	237	6:32	9.00	1:00:19	6:42	34	13:16	296	22:12
Brocken	3.10	27:50	8:58	11	3:23	155	9:47	12.10	1:28:09	7:17	27	16:39	245	31:59
Eiserner Handwe	3.60	19:09	5:19	26	4:16	247	7:17	15.70	1:47:18	6:50	27	20:55	247	39:16
Schlüsie	4.10	18:36	4:32	26	3:49	258	7:02	19.80	2:05:54	6:21	28	24:29	251	46:18
Loddenke	3.10	15:03	4:51	28	2:51	265	5:44	22.90	2:20:57	6:09	28	27:17	252	52:02
Ilseburg/Markt	3.30	17:10	5:12	37	3:22	296	6:33	26.20	2:38:07	6:02	28	30:38	255	58:35