



49. Brockenlauf Ilseburg / 07.09.2019

Detailed evaluation

Ebeling, Matthias

Club: POST-SV Holzminden
Number: 119

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:39:49

Speed: 9.84 km/h
Running performance: 6:06 min/km

Rank in course/Total: 284 (of 581)

Rank in course/Men: 268 (of 475)

Best time in course: 1:39:32

Rank in category: 30(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	18:28	5:35	21	2:36	181	5:24	3.30	18:28	5:35	21	2:36	181	5:24
Schlüsle	3.10	20:40	6:40	29	4:03	257	7:02	6.40	39:08	6:06	23	6:39	217	12:25
Hermannsklippe	2.60	18:17	7:01	27	3:43	260	6:53	9.00	57:25	6:22	25	10:22	231	19:18
Brocken	3.10	30:46	9:55	29	6:19	265	12:43	12.10	1:28:11	7:17	28	16:41	247	32:01
Eiserner Handwe	3.60	20:30	5:41	35	5:37	312	8:38	15.70	1:48:41	6:55	30	22:18	262	40:39
Schlüsle	4.10	18:58	4:37	29	4:11	274	7:24	19.80	2:07:39	6:26	29	26:14	268	48:03
Loddenke	3.10	15:38	5:02	37	3:26	314	6:19	22.90	2:23:17	6:15	29	29:37	269	54:22
Ilseburg/Markt	3.30	16:32	5:00	27	2:44	254	5:55	26.20	2:39:49	6:05	30	32:20	268	1:00:17