



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Wilkens, Carsten

Club: Dasseler SC  
Number: 565

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:39:56

Speed: 9.83 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 286 (of 581)

Rank in course/Men: 270 (of 475)

Best time in course: 1:39:32

Rank in category: 35(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	19:52	6:01	39	6:01	272	6:48	3.30	19:52	6:01	39	6:01	272	6:48
Schlüsie	3.10	20:40	6:40	35	5:47	257	7:02	6.40	40:32	6:19	35	11:44	259	13:49
Hermannsklippe	2.60	17:47	6:50	30	5:04	228	6:23	9.00	58:19	6:28	34	16:48	257	20:12
Brocken	3.10	31:33	10:10	38	10:26	288	13:30	12.10	1:29:52	7:25	37	27:14	274	33:42
Eiserner Handwe	3.60	18:24	5:06	32	5:10	204	6:32	15.70	1:48:16	6:53	34	32:23	255	40:14
Schlüsie	4.10	17:32	4:16	26	4:35	194	5:58	19.80	2:05:48	6:21	34	36:54	248	46:12
Loddenke	3.10	15:33	5:00	44	4:56	307	6:14	22.90	2:21:21	6:10	35	41:50	256	52:26
Ilseburg/Markt	3.30	18:35	5:37	53	6:40	359	7:58	26.20	2:39:56	6:06	35	48:30	270	1:00:24